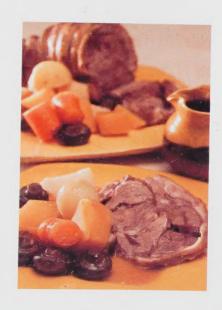


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Best Ever Recipes

Farmer's Market





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Farmer's Market

Jacqueline Bellefontaine



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Creative Director: Sarah King

Editor: Debbie Key

Project editor: Clare Haworth-Maden Designer (internal): Debbie Fisher Cover design: Jade Sienkiewicz

Photographer: Colin Bowling/Paul Forrester

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introduction





I was delighted when I was asked to write a recipe book under the title of Farmer's Market. My favourite style of cooking – simple dishes using good-quality, seasonal produce – fitted the bill perfectly, and so this has been a most enjoyable book to write. You will not find long complicated recipes with numerous ingredients and complex cooking techniques. When you buy fresh produce, you should let the quality of the ingredients speak for themselves. A few of the recipes may have a long cooking time, but that doesn't mean you will be tied to the kitchen as you can just leave them to work their magic.



Variety is the spice of life and so you will discover that farmer's markets vary from place to place and from season to season. Every recipe in this book is based around one or more ingredients that can be bought from your local farmer's market, but because of the seasonality, you will not be able to make all of the recipes all of the time. Indeed, because farmer's markets sell local products and because this will vary around the country in some areas, you may not be able to get some of the items at all from your local farmer's market. All I ask is that you buy at least some of your ingredients from your farmer's market. Your reward is that you will then begin to discover the joy of buying good-quality, seasonal ingredients and the knock-on effects that this will have on your cooking. You will also discover that shopping for food can actually be fun!







What is a Farmer's Market?

A farmer's market is a market that sells foods from farmers, growers or producers, who come from a defined local area and sell direct to the public. All products sold should have been grown, reared, caught, brewed, pickled, baked, smoked or processed by the stallholder.

There will always be staples such as fruit and vegetables, salads, cheeses, meat, poultry, breads and eggs. But farmer's markets also sell speciality foodstuffs such as honey, juices, preserves, wine, cider, milk, cream, cakes, fish and herbs.

The produce is seasonal, so the stalls in a farmer's market will vary throughout the year, with the greatest choice in the summer and rather less in winter. However, you can expect to find unusual varieties and produce that you do not find in the supermarkets, such as quinces, sloes, golden beetroot, as well as unpasteurised milk and cream.

A true farmer's market will have no commercial stalls or stalls selling items that have not been produced locally.

Whilst farmer's markets promote high environmental and welfare standards, not all produce is organic. Nonetheless, a lot of organic producers do sell through farmer's markets, as they are an ideal outlet for those unable to produce the large quantities required by supermarkets. Farmer's markets are also often used as an outlet for farmers in the process of organic conversion, which is when a farmer is moving from conventional methods of farming to organic standards. This period can take a number of years, and by buying this produce you can help farmers through what can be a difficult time while they are undertaking more expensive farming techniques but are unable to charge the premium price that fully organic products command.

As the stall has to be manned by the suppliers and not by a third party, you are able to ask about production. The stallholders should be able to tell you the precise production history of everything they sell. This includes whether their vegetables are pesticide-free, or their eggs are organic. You can check how they control pests, how they house their pigs or what they feed their hens.



**

When did Farmer's Markets Start?

Back in history, all foods and goods were sold at markets, and these products were all locally produced. On the continent, food markets remained a part of the culture, but here in Britain, they all but disappeared and the food markets that remained were dominated by price rather than quality or regionality.

Farmer's markets, where the focus has returned to quality, freshness and the sale of locally produced foods, began in the USA. There, farmer's markets are now an established part of many local economies and have been flourishing for over 15 years.

The first modern-day farmer's market in Britain was held in Bath in September 1998. The first farmer's market in London was held almost a year later in Islington. Since these and other early fledgling markets, farmer's markets have quickly gone from strength to strength and there are now more than 500 farmer's markets in Britain. These are continuing to expand in numbers and size.

The popularity of farmer's markets is primarily due to the growing interest amongst consumers for fresh, locally produced foods and by farmers looking to supplement their income during what is a difficult time in farming.

Most farmer's markets are held on a specific day each month, others quarterly and some weekly. Some are also held more frequently during the summer months when there is the greatest amount of home produce available.



Why are Farmer's Markets Special?

The consumer benefits because:

- Farmer's markets provide direct contact and feedback between customers and producers, so you can find
 out more about how the food you eat is produced.
- · They provide access to fresh, healthy produce.
- . They offer value for money.
- · They make shopping more enjoyable.
- · You will find fruit and vegetable varieties and meat from animal breeds that are not available elsewhere.

The farmer/producer benefits because:

- The farmer/producer receives direct feedback from the consumer.
- Transport and packaging costs are reduced.
- · Farmer's markets provide a secure regular market outlet.
- · Farmer's markets cut out the middle man, increasing financial returns.

Farmer's markets benefit the environment because:

- · They reduce food miles (the distance the food travels before it reaches the consumer).
- · They reduce unnecessary packaging.
- · They encourage environmentally friendly production practices, such as organic or pesticide-free.
- · They encourage farming diversification and hence bio-diversity.

Farmer's markets benefit the community because:

- They help to bring new life to cities and towns and help regeneration.
- They stimulate local economies and keep money in the local community for longer, rather than money going straight to large companies.
- · They attract extra business to local, established shopping areas.
- They reinforce local jobs and businesses







Why Shop at Farmer's Markets?

Surveys have shown that people support farmer's markets for a number of reasons:

- They want to support small farmers and producers.
- The food is freshly made or harvested.
- They can purchase organic produce.
- For the good-quality food.
- Out of curiosity because it makes a change from regular shopping.
- For the friendlier, relaxed atmosphere.

These same surveys also indicated that most people's main reason for shopping at supermarkets is convenience. It was felt that farmer's markets offer more of what people actually want, and that there should be more of them to make them more convenient.

Whilst shopping at supermarkets certainly offers a convenient one-stop shop for the weekly food, supermarkets can seldom be described as friendly and fun. Farmer's markets are usually bustling and are on a more human scale. True, shopping at farmer's markets will take longer and you will probably still have to go to the supermarket, but you can ask advice, not only about how the food was produced, but also the best way to cook it. In the USA, where farmer's markets have been established for many years, farmers have modified their farming practices to suit local consumers. This proves that you have every chance to tell the farmers what you want, and that they will respond to this feedback.

Value for Money

An expectation by consumers for increasingly cheaper food means that for markets to survive, the consumer must be prepared to source quality food and be prepared to pay a bit extra for it in comparison to prices in the supermarkets. Supermarket prices are based on high volumes of production, the very opposite of typical farmer's market stallholders. However, this doesn't necessarily mean that shopping from farmer's markets comes out very expensive overall. As you can only buy food that is in season, you will not be paying over the odds for food to be produced out of season and transported hundreds, or even thousands of miles.

One of the benefits of farmer's markets is that they enable the farmer to cut out the 'middle man'. Farmers often have little choice about accepting low prices for some items from supermarkets, yet this is not usually reflected in the sale price. Through farmer's markets, it may be possible for a farmer to increase profits, yet still be cheaper than a conventional store. UK evidence so far finds that farmer's market prices are competitive and that organic foods at farmer's markets are often cheaper. Nonetheless, because many farmer's markets stock food produced less intensively, production costs will be higher.

Hopefully, this is reflected by higher quality goods, albeit in terms of flavour, animal welfare,

or reduction in chemicals or pesticides used. As consumers, we must be prepared to pay extra for quality. Farmer's markets may not be the cheapest place for food shopping, but when comparing like-for-like, they offer excellent value for money.







Diguilar:

One of the great things about shopping at a farmer's market is the variety of choice. The nature of farmer's markets makes them ideal outlets for specialist local produce such as unusual fruit and vegetable varieties, wild boar sausages, rare breed meats or buffalo cheeses. You will find food at farmer's markets that you cannot get in supermarkets. For example, quinces are not produced in commercially viable quantities for supermarkets, yet a farmer can

bring just one box to sell at market. Three varieties of pears account for 94% of pears grown commercially in the UK and yet there are over 550 varieties of eating and cooking pears in the national fruit collection at Brogdale in Kent. When the farmer does not have to supply the large quantities that supermarkets require, they can grow and sell more varieties. So, in some areas you will find many more varieties of fruit and vegetables available than you could possibly find in the shops.



Why are Farmer's Markets about for Farmers?

The future of farming in the UK is increasingly reliant on selling produce based on quality and reputation and by making stronger links with communities. Farmer's markets are an excellent way to allow otherwise struggling farmers to keep their heads above water. They can provide a vital survival route for small-scale producers, providing extra and alternative sources of income.

Several farmers in the UK have said that they would be out of business if it wasn't for their local farmer's market. This has also proved to be the case in the USA, where out of 20,000 farmers surveyed, 37% said they would have gone out of business without a local farmer's market.

Small-scale farmers do not have to worry about producing the large quantities required by supermarkets, nor the specifications for size, shape, or appearance dictated by them. Neither do they have to worry about consumers, as they now have an additional market to sell their produce.



What are the Benefits to the Environment?

There is a slow change in emphasis towards more sustainable farming. For farmers making this transition, farmer's markets are often ideal places to sell their produce.

Currently, food can travel hundreds of miles – known as 'food miles – before it reaches our homes. This is true even if the food is grown in the UK. Take for example a potato bought from your local supermarket. Although it may have been grown close to your home it may travel a hundred miles to a packaging plant. Then, it may be taken more miles to a supermarket distribution centre and then even more miles to your local supermarket. Farmer's markets cut these food miles to a minimum, giving two advantages. First, the food is fresher when it reaches its point of sale. Secondly, it benefits the environment by saving the fuel needed to transport the food on its epic journey, and by reducing the amount of packaging needed to protect the food. It may even have the added bonus of being cheaper, as the cost of transport and packaging is negligible.

If, as consumers, we can make the move away from expecting foods to be available all year round, maybe we can reduce our reliance on imported foods from around the globe. If we managed this most of the time, this would significantly reduce the environmental costs of transporting these foods. Every farmer's market regulation stipulates that only locally grown produce is sold, so you can be confident that what you buy is in season. It is neither practical nor desirable to have all our foods produced locally, but by buying seasonally and locally when we can, we are doing our small bit to help the environment.

What are the Benefits to the Local Community?



Farmer's markets benefit the local economy, as they encourage agricultural diversification and attract people to local businesses. Research by the National Farmers' Union shows that 80% of neighbouring businesses have seen a boost in trade following the establishment of a market nearby. Even supermarkets can see an increase in trade on market days.

Farmer's markets encourage small-scale, less intensive production, provide a social meeting point and encourage goodwill and understanding.

There is a need for greater co-operation between local producers and local consumers and the connections of countryside to local towns and cities need to be re-established.

Farmer's markets help to keep money in the local economy for longer, rather than going straight to large firms and organisations.





The National Farmers' Retail and Markets Association

In order for farmer's markets to continue to grow in numbers, it is essential that they are supported by consumers. This requires a change in our shopping habits, away from one-stop shopping. We have to accept that choice will be more restricted in that we will have to start to shop seasonally, but we will be rewarded with greater choices of varieties when in season.

As consumers, we need the reassurance that the food we buy at farmer's markets really is locally produced and of a good quality, enabling us to feel truly confident in what we buy from these markets.

Around half the farmer's markets currently established in the UK are members of the National Farmers' Retail & Markets Association (FARMA). FARMA was set up to establish a set of criteria for the markets to adhere to, in order to maintain their integrity. Membership is voluntary. In June 2002, certification was launched to independently verify market standards and reward genuine farmer's markets with a distinctive logo.

Whilst very good farmer's markets exist that are not members of FARMA, certification of farmer's markets is an important step forward in that it provides the reassurance required by consumers. If your farmer's market is a member, you can be sure it is the genuine thing.



As a general guide, Members of the National Farmers' Retail & Markets Association should:

- Only sell foods that are produced locally within a defined area. Local usually means within a
 30-mile radius, although up to 50 miles is acceptable for larger cities and coastal or remote
 towns and villages. Alternatively, there may be a boundary, e.g. a county or other geographical
 boundary such as a National Park, that defines the local area. It is recommended that no
 produce should come from more than 100 miles of the market. (All London farmer's market
 stallholders come from within 100 miles of the M25, many are nearer.)
- The principal producer, or a representative directly involved in the production process, must attend the stall. This allows consumers to ask about all aspects of the production of the food.
 It is a key principle that farmer's markets allow the consumer to have a direct relationship with the producer.
- All produce sold must be grown, reared and caught by the stallholder within the defined local
 area. For livestock and plants, this means grown or finished on the producer's land. Livestock
 must have spent at least 50% of its life on that land. Game can be shot or caught in the
 defined area by a person licensed to hunt game. Fish should be sold by the fisherman, or by
 a representative of a number of boats so long as the fishing grounds are local inshore water.
- Processed foods must be brewed, pickled, baked, smoked or processed by the stallholder using at least one ingredient of origin from the defined local area. Local ingredients must account for at least 10% of the produce.
- All markets should have available for their customers information about the rules of the market and the production methods of the producers.





About this Book

Farmer's markets promote a more sustainable society, reducing food miles and assisting in the sale and marketing of food produced to high environmental and welfare standards.

Following the ethos of farmer's markets and caring about where my food comes from, I always buy free-range eggs and chicken. I like to use unrefined sugars and use organic produce wherever possible. I also buy Fair Trade goods such as coffee, bananas etc. Fair Trade ensures that farmers in other parts of the world get a fair price for their produce.

I have broken the book down into five chapters:

- · Meat, poultry, fish and game
- Vegetables
- · Cheese and dairy
- Fruits
- · Snacks and treats



These chapters represent the main groups of produce available from farmer's markets. Inevitably, there are some overlaps, with recipes that could go into more than one chapter. Whether you choose to make a recipe and go and buy the produce from the market, or better still, see what is best value at the market that week, bring it home and then see what you can make with your bounty, I hope you will find that this book works for you and that you will soon be enjoying the farmer's market way of shopping and cooking.



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When purchasing meat, ask about the breed and animal welfare. Where possible, buy native breeds. If you are lucky enough to have suppliers of rare breeds, do not be put off by the term and feel that because they are rare, you should not be eating them. Instead, consider them more as traditional breeds which need the demand of the consumer to ensure their survival. Just as different varieties of fruit taste different, so different breeds of animals have their own unique characteristics and flavours. Many of the rare-breed meats became rare because they did not suit modern, more intensive methods of production, as they mature more slowly and usually on a natural diet. As a result, their meat is of a higher quality. I urge you to try these traditional breeds. In doing so, you are ensuring their survival and will be in for a truly great taste experience.



After buying meat, remove the wrapping and dry if necessary. Keep loosely covered in the refrigerator. Fresh meat will keep in the refrigerator for two to three days. Minced meat and offal is best used on the day of purchase.



EVELSE HAND DOLLY

As farmer's markets only stock local produce, the cheeses that you purchase from them will vary from region to region. Therefore, in the recipes in this section of the book I have generally suggested a type of cheese, e.g. hard, soft, or blue cheese, rather than a specific cheese. This means that there will be variations in the flavour of the dishes, depending on what part of the country you live in and what cheeses are available. This, I think, is one of the pleasures of shopping and cooking with farmer's market produce – the recipes will not be universally the same.

There are more than 400 different cheeses produced in Britain, so enjoy experimenting with the cheeses available. If in doubt regarding their suitability, ask the stallholder. Hard cheeses such as Cheddar, Double Gloucester, Cheshire and Red Leicester are firmly pressed during processing. Semi-hard cheeses such as Lancashire and Caerphilly, are only lightly pressed and have a crumbly texture. Soft cheeses such as Crowdie, curd and cream cheese are not pressed at all, but are allowed to drain. Blue cheeses such as Stilton are injected with moulds to give a blue veining.

To test the recipes for this book, I tried to use as many different cheeses as possible all purchased from farmer's markets.

At farmer's markets, you may be able to purchase unpasteurised milk which can only be bought direct from the farmer.



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Freshness is all-important when buying fruits and vegetables and here, farmer's markets come into their own. Because the produce is grown locally, it has far less distance to travel before reaching you. It can be on the stall for sale within a matter of hours, rather than days, after being harvested.

Buying vegetables:

Root vegetables

- Avoid too much dirt on vegetables, but do expect them to be dirty.
 Supermarket vegetables are always cleaned.
- Make sure the vegetables are firm and not shrivelled.
- Avoid large swedes that may have woody centres.
- If buying bunched carrots, the tops should look fresh.

Green vegetables

- Choose vegetables with a bright and strong colour.
- Avoid those with yellow-tinged leaves.
- Store wrapped in paper bags or newspaper.

Salad vegetables

- · Select fresh looking leaves.
- · Cucumbers should be firm.
- Salad onions should have fresh unshrivelled leaves.

Buying Fruit:

Apples and pears

· Avoid fruit with bruises

Summer fruit

- Avoid very soft fruits with any signs of mushiness.
- Choose strawberries with good all-over colour, avoiding those with unripened white flesh around the stem.

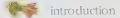




WHITE IN SUBJECT

Some products at farmer's markets are not available all year round, especially fruit and vegetables. However, farmers are putting up more polytunnels and hothouses each year, thereby extending the seasons of many of our fruits and vegetables. Nevertheless, the farmer still has to rely on sun and rain, so supply will vary. Although this is not an exhaustive list, it will give you an idea as to what's in season and when.

Spring	Summer	Autumn	Winter
Asparagus	Beetroot	Celery	Bay leaves
Beetroot	Broad beans	Chestnuts	Beetroot
Carrots	Carrots	Cobnuts	Brussels sprouts
Cauliflower	Cauliflower	Damsons	Cabbage
Celeriac	Celery	Elderberries	Carrots
Cucumbers	Courgettes	Mushrooms	Cauliflower
Curly kale	Cucumbers	Hazelnuts	Celery
New potatoes	Fennel	Leeks	Celeriac
Mint	Peas	Lettuce	Chard
Parsley	Pea shoots	Marrow	Chestnuts
Purple-sprouting broccoli	Garlic	Pumpkin	Curly kale
Rosemary	Globe artichokes	Rocket	Jerusalem artichokes
Savoy cabbage	Green beans	Sweetcorn	Leeks
Spinach	Lettuce and salad leaves	Watercress	Red cabbages
Spring onions	New potatoes		Swedes
Watercress	Sage	Apples	Turnips
Rhubarb	Sweetcorn	Blackberries	Parsnips
	Tomatoes	Pears	Walnuts
Crab	Watercress	Plums	
Haddock		Sloes	Apples
Lobster	Cherries	Quince	Pears
Mackerel	Gooseberries		
Sea bass	Greengages	Brill	Mussels
Salmon	Plums	Dover sole	Oysters
	Raspberries	Oysters	
Single Gloucester	Red and black currants		Partridge
cheeses	Strawberries	Double Gloucester	Pheasant
Soft cheeses		cheese	Wild duck
	Crab		Hare
Duck and goose eggs	Pilchard	Grouse	
Spring lamb	Wild salmon		
Pigeon			



Swarks and Treas.

Most farmer's markets have at least one or two stalls of locally produced, processed foods and drinks such as jams, preserves, condiments, juices, cordials, breads, cakes and pies.



Jams and preserves bought from farmer's markets can be the next best thing to homemade. Breads and cakes are made on a smaller scale by traditional methods. The results are much different from other commercially produced breads and cakes and, again, well worth a try.

Some markets also stock products such as honey and mustard which are ideal for use in home cooking. Some honeys may have strong flavours which can dominate the taste of a dish. Taste first and if in doubt, ask advice.

Nowhere else will you find such a mixture of fresh, locally produced goods, than at a farmer's market. What could be better than good-quality, traceable, fresh seasonal and local foods?

I hope you enjoy shopping from farmer's markets and cooking from this book as much as I have enjoyed researching and writing it. However, one thing is certain, people who care about what they eat, about how food is produced and the impact on the environment can take a step in the right direction to improve things for the better by using local farmer's markets, and getting to know their suppliers.



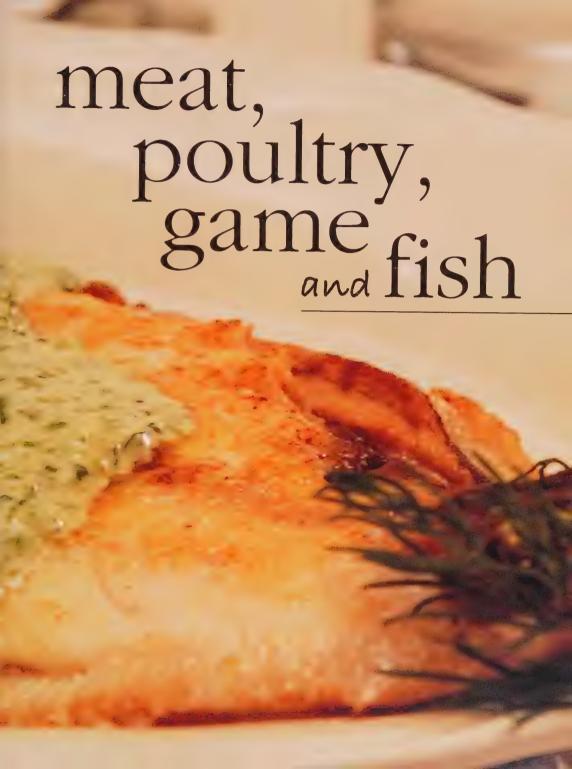
Tips for Successful contains

- Use metric or imperial measurements only; do not mix the two.
- Use measuring spoons: 1 tsp = 5ml; 1 tbsp = 15ml
- All spoon measurements are level unless otherwise stated.
- All eggs are medium unless otherwise stated.
- Recipes using raw or lightly cooked eggs should not be given to babies, pregnant women, the very old or anyone suffering from or recovering from an illness.
- The cooking times are an approximate guide only. If you are using a fan-oven reduce the cooking time according to the manufacturer's instructions.
- Ovens should be preheated to the required temperature.
- Fruits and vegetables should be washed before use.

Finding your nearest farmer's market:

For a complete list of farmer's markets registered with the National Farmers' Retail & Markets Association, log on to www.farma.org.uk or call 0845 4588420.









Pot Roast Brisket

Family Property

This recipe is a great meal to make after a trip to the farmer's market, for both the meat and vegetables. I like brisket as it is an economical joint for this dish, but if your stall doesn't have brisket, ask the stallholder what other meat they would recommend. It is a good chance to make friends with your supplier. I often make this into two meals, serving the meat hot with the vegetables and gravy on day one, and then cold the following day accompanied by chips and tomatoes, or jacket potatoes and beans.

Ingredients for 8

1.3kg/3lb rolled brisket
225g/8oz shallots or small onions
700g/1½lb mixed root vegetables, such as carrots, parsnips, swede and turnips
25g/1oz beef dripping or 2 tbsp sunflower oil
300ml/½ pint beef stock
Few sprigs fresh thyme
2 bay leaves
175g/6oz button mushrooms (optional)
Salt and freshly ground black pepper

Preheat the oven to 170°C/325°F/Gas mark 3. Season the brisket. If using onions, cut into quarters. Peel and cut the root vegetables into large chunks.

Heat the dripping or oil in a large flameproof casserole and brown the meat on all sides. You may find it easier to brown the meat in a frying pan and transfer it to a casserole dish.

Add the root vegetables, stock, thyme and bay leaf. Cover and cook for 2 hours.

Add the mushrooms (if using) and return to the oven for another 30 minutes

5 Slice the meat and surround with vegetables. Spoon gravy over, or serve separately.











Steak & Kidney Pudding

This is filling and warming, making it perfect for winter days.

Ingredients for 2

350g/12oz stewing steak, cut into 2.5cm/1 inch cubes
100g/4oz ox kidney, cored and cut into cubes
2 tsp plain flour
1 tsp dried mixed herbs
About 1 tbsp sunflower oil
1 small onion, chopped
75ml/2½fl oz red wine
75g/3oz chestnut mushrooms, quartered or sliced
150ml/½ pint beef stock
Salt and freshly ground black pepper

Suet Pastry:

175g/6oz self-raising flour 75g/3oz vegetable or beef suet 1 tbsp fresh parsley, chopped 1 small free-range egg yolk Cold water to mix

Ingredients for 4

700g/1½lb stewing steak, cut into 2.5cm/1 inch cubes 175g/6oz ox kidney, cored and cut into cubes 4 tsp plain flour 2 tsp dried mixed herbs About 2 tbsp sunflower oil 1 onion, chopped 150ml/½ pint red wine 225g/8oz chestnut mushrooms, quartered or sliced 300ml/½ pint beef stock Salt and freshly ground black pepper

Suet Pastry:

300g/10½oz self-raising flour 150g/5oz vegetable or beef suet 2 tbsp fresh parsley, chopped 1 free-range egg yolk Cold water to mix

Place the meat and kidney in a plastic bag, add the flour and herbs, season with salt and pepper and shake well.

Heat half the oil in a large frying pan and fry the onions until golden brown and softened. Transfer to a saucepan.

Add the remaining oil and floured meat, brown on all sides using a little extra oil if required. Add to the saucepan.

Bring the red wine to the boil in the frying pan. Pour over the meat. Put the mushrooms and stock in the saucepan and bring to the boil. Reduce the heat, cover and simmer for 1 hour.









5 To make the pastry, place the flour in a bowl and stir in the suet and parsley. Season with salt and pepper.

Make a well in the centre and add the egg yolk. Add enough water to mix to a soft dough.

Using just over two thirds of the pastry roll out to form a circle and use to line a greased 600ml/1 pint (1.2 litres/2 pint) heatproof basin.

Spoon the meat mixture into the lined basin. Roll out the remaining pastry and

use to make a lid for the pudding. Dampen the edges of the pastry to seal.

Cover loosely with greaseproof paper and foil. Place in a large saucepan and fill with boiling water to come two-thirds of the way up the basin. Cover and simmer gently for 1 hour (1½ hours). Keep an eye on the water level and top up if required.

10 Carefully remove the bowl from the water and turn out the pudding on to a plate to serve or serve straight from the bowl.



FRANKLIA FRANKLISTE



Old-fashioned Beef Stew with Parsley Dumplings

A perfect meal for cold winter days. You can cook the stew ahead of time, then reheat and add the dumplings when required. Once you add the dumplings you can cover the stew, in which case, the dumplings will steam and remain soft all over. Alternatively, you can leave the stew uncovered and the dumplings will bake, resulting in a golden crispy top.

Ingredients for 2

450g/1lb braising or chuck steak, cut into cubes 1 tbsp plain flour About 1 tbsp sunflower oil 1 onion, sliced 450ml/½ pint beef stock 350g/12oz mixed root vegetables such as carrots, turnips, potatoes and parsnips, cut into chunks
Few sprigs thyme 1 bay leaf

Dumplings:

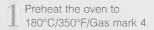
75g/3oz self-raising flour 40g/1½oz suet 2 tbsp fresh parsley, chopped About 2–3 tbsp milk Salt and freshly ground black pepper

ingredients for 4

900g/2lb braising or chuck steak, cut into cubes 2 tbsp plain flour About 2 tbsp sunflower oil 2 onions, sliced 900ml/1½ pint beef stock 700g/1½lb mixed root vegetables such as carrots, turnips, potatoes and parsnips, cut into chunks Few sprigs thyme 2 bay leaves

Dumplings:

175g/6oz self-raising flour 75g/3oz suet 4 tbsp fresh parsley, chopped About 4–5 tbsp milk Salt and freshly ground black pepper



Place the meat in a plastic bag, add the flour and some salt and pepper and shake well.

Heat the oil in a frying pan and fry the onion for 3 minutes until softened. Transfer to a large ovenproof casserole.











Add the meat to the pan and cook over a high heat until browned on all sides, adding a little extra oil if required.

5 Stir in the stock and bring to the boil. Pour into the casserole dish. Stir in the vegetables, thyme and bay leaves. Cover and cook for 1½–2 hours, or until meat is very tender.

To make the dumplings, place the flour in a bowl and stir in the suet and parsley. Season lightly. Add enough milk to mix to a soft dough. Roll into 8 balls.

Remove the lid from the casserole and arrange the dumplings on top. Cook covered or uncovered for a further 30 minutes.









Marinated Lamb Chops with a Redcurrant Jus

Easy Entertaining

This is a simple dish to produce, which is ideal for entertaining, or for a special meal for two. Allow 1–2 chops per person, depending on their size and meatiness.

ingredients for 2

2-4 lamb chops or cutlets Grated zest and juice ½ orange

1 clove garlic, chopped

½ tsp fresh rosemary, chopped

4 tbsp port

50g/2oz redcurrants

1 tsp lemon juice

Salt and freshly ground black pepper

Redcurrants to garnish (optional)

ingredients for 4

4–8 lamb chops or cutlets Grated zest and juice 1 orange

1 clove garlic, chopped

1 tsp fresh rosemary, chopped

8 tbsp port

100g/4oz redcurrants

2 tsp lemon juice

Salt and freshly ground black pepper

Redcurrants to garnish (optional)

1 Place the lamb cutlets in a shallow, non-metallic dish.

2 Combine the orange zest, juice, garlic, rosemary and seasoning and pour over the cutlets.

Turn to coat in the marinade. Cover and allow to marinate for at least 1 hour or for up to 12 hours.

Heat a griddle pan or grill, remove the lamb from the marinade and pat dry on kitchen paper.

5 Cook over a medium heat for 4–5 minutes each side.

6 Meanwhile pour the marinade into a small saucepan, stir in the port. Bring to the boil and continue to boil rapidly until reduced by half.

Stir in the redcurrants and lemon juice, then cook gently for 5 minutes.

Serve spooned around the lamb chops. Garnish with redcurrants if desired.









Oven-roast Venison with Mustard Cream

Quick, and Easy

Venison is a very lean meat, so I like to serve it with a sauce. It is quite a rich meat, so a little goes a long way.

Ingredients 3-4

300g/10½oz venison haunch 1 tsp beef dripping or olive oil

- 1 tbsp thick honey
- 1 tbsp dry sherry or brandy
- 4 tbsp double cream
- 1 tsp whole grain mustard Salt and freshly ground black pepper

ingredients for 6-8

600g/1lb 5oz venison haunch 1 tbsp beef dripping or olive oil

- 2 tbsp thick honey
- 2 tbsp dry sherry or brandy
- 100ml/3½fl oz double cream
- 2 tsp whole grain mustard Salt and freshly ground black pepper
- Preheat the oven to 200°C/400°F/Gas mark 6.

Heat the dripping or oil in a frying pan and fry the meat quickly on all sides to brown. Transfer to a roasting tin and roast for 15–20 minutes (35–40 minutes).

3 When the meat is cooked, transfer to a warm plate and keep warm. Stir the honey and sherry or brandy into the hot roasting tin, then stir in the cream and mustard.

Cook over a low heat until the sauce begins to boil, continue to cook, stirring until the sauce is reduced and thickened a little.

5 Carve the meat and serve with the sauce poured over.













Roast Shoulder of Lamb with Fruity Stuffing

Easy Entertaining

Boned joints are easier to carve, so this is an ideal joint to serve when entertaining. Shoulder does have more fat than the leaner leg joint, but I think the flavour makes it best choice.

Ingredients for 6-8

- 1 shoulder of lamb
- 1 small eating apple
- 1 small pear
- 1 small onion, finely chopped

75g/3oz fresh wholemeal breadcrumbs

- 1 free-range egg, lightly beaten
- 2 tbsp olive oil
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- Salt and freshly ground black pepper
- Preheat the oven to 190°C/375°F/Gas mark 5.
- Bone the lamb, or ask your market butcher to do this for you.
- Season with salt and pepper.
- Peel, core and chop the fruit. Place with the onion, breadcrumbs, egg, oil and herbs in a bowl. Season well and mix until well combined.
- 5 Open the lamb out and spread the stuffing over the inside of the lamb. Close up and tie the joint back into shape.
- 6 Place in a roasting tin and roast for 1½ hours, or until cooked through.
- Allow to stand for 15 minutes before serving with a choice of fresh vegetables.











Lamb Shanks glazed with Apple Juice

Ideally, use a single variety apple juice with a dry flavour such as Bramley apple.

ingredients for 2

2 lamb shanks

1 tbsp sunflower oil

1 onion, cut into wedges

1 clove garlic, sliced

Grated zest and juice of 1/2 unwaxed lemon

150ml/½ pint English apple juice

150ml/¼ pint white wine Salt and freshly ground black pepper

Cornflour (optional)

inaredients for =

4 lamb shanks

2 tbsp sunflower oil

2 onions, cut into wedges

2 cloves garlic, sliced

Grated zest and juice of 1

unwaxed lemon

300ml/½ pint English apple

juice

300ml/½ pint white wine Salt and freshly ground

black pepper Cornflour (optional)

Preheat the oven to 180°C/350°F/Gas mark 4. Season the lamb shanks. very tender, basting

Heat the oil in a large frying pan and fry the shanks until browned on all sides. Transfer the lamb shanks to a large, ovenproof dish.

Add the onions to the pan and sauté gently for 4-5 minutes, until just golden.

Stir in the garlic and cook for 1 minute. Stir in the lemon zest, lemon juice, apple juice and wine. Bring to the boil.

Pour over the lamb. Cover and cook in the oven for 2-2½ hours until the meat is occasionally.

Transfer the lamb and onions to warm serving plates. Spoon off any fat from the cooking liquor. Thicken with a little cornflour if desired Taste and adjust the seasoning if required. Serve the sauce poured over the lamb shanks.









Roast Pork

Family Favoratie

I find, generally, that the larger the joint, the better it cooks. So I have not reduced the quantities for this recipe. It is far better to cook a larger joint and serve the rest cold the following day. A favourite of mine is to serve cold meat with chips, but a jacket potato is a healthier option and is just as convenient. You may be lucky enough to have a supplier of rare breed pork, such as Gloucester Old Spot. If so, take advantage as the flavour is divine.

ingredients for 6-8

Boneless shoulder or leg pork joint, e.g. Gloucester old spot, about 1.3-1.5kg/3 to 3½lb in weight

Salt

1 tbsp plain flour

300ml/½ pint chicken or vegetable stock.

When you get the meat home, unwrap the joint and place uncovered on a plate until required. This allows the skin to dry and improves the crackling. If you are cooking immediately, dab the joint dry with kitchen paper.

Preheat the oven to 220°C/425°F/Gas mark 7. Weigh the joint and calculate the cooking time. Allow 25 minutes per 500g, plus 25 minutes.

Place the meat in a roasting tin and sprinkle the skin with sea salt. Roast for 45 minutes, then reduce the

oven temperature to 180°C/350°F/Gas mark 4 for the remaining cooking time, basting once or twice during cooking. When cooked, the juices should run clear when pierced with a skewer.

Allow to rest for 15 minutes before carving.

To make carving easier, remove the crackling first and then carve the joint.

5 To make the gravy, stir the flour into the roasting tin and cook for a few seconds over a low heat. Stir in the stock and cook, stirring until the gravy thickens.













Belly of Pork with Lentils

This is a wonderful, gutsy meal. The smoked bacon adds flavour to the lentils, which have a great tangy flavour that complements the pork well.

Ingredients for 2

60q/2½oz puy lentils, rinsed 4 slices belly pork, from outdoor reared pigs

1 tsp whole grain mustard

1 tbsp olive oil

1 small red onion, thinly sliced

50g/2oz smoked streaky bacon

1 clove garlic, chopped 75q/3oz field mushrooms. chopped

1 tbsp balsamic vinegar

15q/½oz rocket

25q/1oz crumbly cheese such as Lancashire Salt and freshly ground

black pepper

ingredients for 4

150g/5oz puy lentils, rinsed 8 slices belly pork, from outdoor reared pigs 2 tsp whole grain mustard

2 tbsp olive oil

1 red onion, thinly sliced 100g/4oz smoked streaky bacon

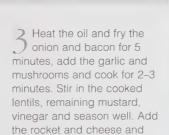
2 cloves garlic, chopped 150q/5oz field mushrooms.

chopped

2 tbsp balsamic vinegar 25a/1oz rocket

50g/2oz crumbly cheese such as Lancashire Salt and freshly ground

black pepper



Divide between serving t plates and serve with the pork.

toss to combine.







1 Bring a large saucepan of water to the boil, add the lentils and return to the boil. Reduce the heat and cook gently for around 20 minutes. until the lentils are tender. Drain well.

Meanwhile, season the pork and spread with a little mustard. Grill the pork for 10 minutes each side until cooked and golden.



Baked, Honey-glazed Gammon

Home-cooked ham tastes far better than any you can buy ready-sliced in the shops. It's ideal for picnics, celebrations or even midweek meals, and can be served hot or cold – making it a truly versatile meat. It can be stored in the refrigerator for up to one week.

Ingredients for 8-12

Gammon joint about 1.5kg/3lb 6oz Whole cloves 4-6 tbsp local honey

Preheat the oven to 180°C/350°F/Gas mark 4.

Line a roasting tin with a piece of foil that is large enough to wrap the joint. Place the gammon in a roasting tin on the foil and gather up the foil to enclose the joint.

Calculate the cooking time and roast for 25 minutes per 500g/1lb 2oz, plus 25 minutes.

Half an hour before the end of the cooking time, remove the gammon from the oven, and carefully cut away the rind, leaving as much fat as possible.

Cut a crisscross pattern over the joint with a small,

sharp knife and push a clove into the fat where each line crosses.

Warm the honey gently in a small pan and brush liberally all over the joint. Return to the roasting tin, placing back on the foil, but this time do not cover the joint with the foil. Return to the oven and bake uncovered for the remaining 30 minutes until the rind is golden.

6 If serving hot, allow to stand for 15 minutes before carving.



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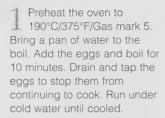
Sausage, Bacon & Egg Pie

Тиерине Айени

This is a great pie for packed lunches and picnics because it is so easily transported. It can be eaten hot or cold, so it is an ideal dish to prepare and make in advance, as it will keep for up to three days in the refrigerator.

Ingredients for 6-8

6 free-range eggs
225g/8oz streaky bacon from outdoor-reared pigs
450g/1lb good-quality pork sausages
1 tbsp chopped fresh sage or 1 tsp dried sage
450g/1lb shortcrust pastry
Beaten egg or milk to glaze



Remove the rind from the bacon and cut crossways into small pieces. Remove the sausage meat from the skins and place in a bowl. Beat in the chopped bacon and sage.

Roll out two-thirds of the pastry and use to line a deep, 18cm/7 inch, loose-bottomed cake (in.

Shell the eggs. Divide the sausage mixture into 8 and shape around the hard boiled eggs. Place the sausage covered eggs into the tin, packing tightly together.

5 Roll out the remaining pastry to cover the pie. Press the edges together well to seal. Then make a small slit in the centre to allow steam to escape.

Brush with a little milk or beaten egg and bake for 40–50 minutes until the pastry is crisp and golden. Serve hot or cold. If serving cold, allow to cool in the tin.











Toad in the Hole

Forestty sounds

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A the file of the face

100g/4ox plain flour Pinch sait

1 large free-range egg 300ml/% pint milk

1 tsp sunflower oil.

4 good pork sausages

- Partition in the state of the

200g/7oz plain flour Pinch salt 2 large free-range eggs 500ml/18fl oz milk

2 tsp sunflower oil

8 good pork sausages



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Pot-roast Chicken

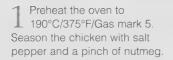
Fancily Foundrite

Pot roasting gives a really succulent roast chicken.

Ingredients for 4-6

- 1.5kg/3lb free-range chicken
- 3 tbsp sunflower oil
- 2 onions, cut into wedges
- 900g/2lb new potatoes
- 450ml/% pint chicken or vegetable stock
- 2 tsp cornflour mixed with a little water (optional)
- Salt and freshly ground black pepper
- Pinch freshly grated nutmeg





Heat 2 tablespoons of the oil in a large frying pan and brown the chicken on all sides. Transfer to a large ovenproof casserole.

Arrange the onions and potatoes around the chicken.

4 Cover and place in the centre of the oven for 1½ hours until the chicken is tender and the juices run clear.

Transfer the chicken to a serving plate and keep warm. Remove the vegetables with a draining spoon and keep warm.

Spoon any fat from the stock in the pan and thicken with a little cornflour if preferred, or serve as a thin gravy.

Serve the chicken with the vegetables and the gravy.









Chicken Thighs with Sausage & Bacon

FILLY Existing

I have made this recipe with both wild boar sausages and apple and cider sausages, all purchased from my local farmer's market. Both were excellent, so why not try varying the sausages you use until you find a favourite. It is equally delicious served cold, so any leftovers could be eaten with a salad the next day.

Ingredients for 2

- 4 free-range chicken thighs
- 2 good pork sausage 4 rashers thin-cut bacon from outdoor-reared pigs

ingredients for 4

- 8 free-range chicken thighs
- 4 good pork sausages
- 8 rashers thin-cut bacon from outdoor-reared pigs



Preheat the oven to 180°C/350°F/Gas mark 4. Skin and bone the chicken thighs. Use the bones to make chicken stock.

Skin the sausages and halve. Use one portion to stuff each chicken thigh wrapping the thigh around the sausage meat.

Wrap the bacon around each thigh and secure the thighs around the stuffing with a couple of cocktail sticks.

Heat a large non-stick frying pan and fry the

thighs over a high heat until browned on all sides, then transfer to a roasting tin. There is no need to add any oil to the pan.

5 Roast the chicken for 30 minutes or until cooked through. Allow to stand for 5 minutes.

Remove the cocktail sticks and serve the chicken thighs with any juices from the meat. Serve with celeriac and potato mash (see page 137) and a fresh green vegetable.











Chicken Liver Pâté with Sage & Shallots

status and may

Chicken livers can be hard to find in the supermarket these days, yet I have seen them at many of the farmer's markets I have visited. They are delicious pan-fried, then sprinkled with a little balsamic vinegar, or a splash of sherry and served on toast. But here, I have made them into a simple pâté, great for sandwiches, spreading on toast or some of the fantastic breads that you can buy from the markets.

Ingredients for 2

- 150g/5oz chicken livers 75g/3oz butter
- 1 shallot, finely chopped
- 1 clove garlic, chopped
- 1 tsp brandy or sherry
- 1 tsp fresh sage, chopped or ¼ tsp dried sage

Ingredients for 4

- 250g/9oz chicken livers 175g/6oz butter
- 2 shallots, finely chopped
- 2 cloves garlic, chopped
- 1 tbsp brandy or sherry
- 1 tbsp fresh sage, chopped or 1½ tsp dried sage







Pick over the chicken livers, cutting away any sinews, rinse and pat dry on kitchen paper.

Melt about one-quarter of the butter in a frying pan and sauté the shallots for 2 minutes, until just softened. Add the chicken livers and garlic and fry over a medium heat for about 5 minutes until the chicken livers are cooked through.

Stir in the brandy or sherry, sage and half the remaining butter. Stir until the butter has melted. Transfer to a

food processor, season and blend until smooth. Transfer to large, or individual, serving pots. Level the top.

Gently melt the remaining butter in a small pan without stirring. Remove from the heat and allow to stand for a few minutes. Pour off the butter fat and discard the white sediment at the bottom of the pan. This is known as clarifying the butter.

Pour a little clarified butter over the pate and chill until required.





Grilled Turkey Steak with Fennel & Orange Salad

Some poultry suppliers have turkey available all year round and this is a fabulous, light summer dish. If you cannot get turkey steaks, you can use chicken breasts instead. Flatten between two sheets of clingwrap before commencing.

Ingredients for 2

- 1 tbsp olive oil
- 1 spring onion, finely chopped
- 1 clove garlic
- 1 tbsp tarragon vinegar
- 2 turkey steaks

salad:

- 1 small bulb fennel
- ½ red onion, thinly sliced
- 1 orange, peeled and segmented
- Leaves from a few sprigs of fresh parsley
- 2 tbsp extra virgin olive oil
- 1 tbsp tarragon vinegar
- 1 tbsp fresh tarragon or dill, chopped

1 Whisk together the olive oil,

chopped spring onions,

garlic and tarragon vinegar with a fork in a shallow non-

hour or up to 6 hours.

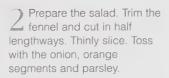
Salt and freshly ground black pepper

ingredients for 4

- 2 tbsp olive oil
- 2 spring onions, finely chopped
- 1 clove garlic
- 2 tbsp tarragon vinegar
- 4 turkey steaks

salad:

- 1 large or 1 small bulb fennel
- 1 red onion, thinly sliced
- 2 oranges, peeled and segmented
- Leaves from a handful of fresh parsley
- 4 tbsp extra virgin olive oil
- 2 tbsp tarragon vinegar
- 2 tbsp fresh tarragon or dill, chopped
- Salt and freshly ground black pepper











Whisk the remaining ingredients together with a fork. Pour over the salad and toss.

Remove the turkey from the marinade and cook under a hot grill, or on a

griddle pan, for about 4–5 minutes each side until cooked through, depending on thickness.

5 Serve the turkey with the salad.





Guinea Fowl with Chestnut Stuffing

Guinea fowl is a small bird usually weighing around 1.1kg/2%lb. It is an ideal choice for small families.

ingredients for 3 4

1.1kg /2½lb guinea fowl ½ unwaxed lemon

Stuffing:

- 1 tbsp sunflower oil
- 1 shallot, chopped
- 100g/4oz cooked chestnuts, chopped
- 50g/2oz fresh wholemeal breadcrumbs
- 2 tbsp fresh parsley, chopped
- 1 free-range egg
- Large knob butter

Salt and freshly ground black pepper





- Preheat the oven to 180°C/350°F/Gas mark 4. Wash the guinea fowl inside and out, and pat dry with kitchen paper.
- Grate the zest from the lemon and set aside. Cut the lemon into wedges and place inside the body cavity of the bird
- Carefully loosen the skin from the neck of the bird over the breast, taking care not to tear the skin.







Heat the oil in a small saucepan and sauté the shallot for 3 to 4 minutes until softened. Remove from the heat and stir in the chestnuts, breadcrumbs, lemon zest and parsley. Season well.

Add the egg and beat well.

Stuff the bird between the loose skin and breast. Tuck the end of the skin under the bird, securing with a cocktail stick.

Place in a roasting tin and dot with butter. Season. Cover with a piece of greaseproof paper.

Roast in the centre of the oven for 1 hour, or until the juices run clear when the thickest part of the thigh is pierced with a skewer. Allow to rest in a warm place for 10 minutes before carving.







Marmalade Duck

Duck has a rich, meaty flavour. In autumn you may be lucky enough to find wild duck which has an even greater depth of flavour. It works well with orange, and here a simple glacé of marmalade is used. Some farmer's markets have stalls that sell home-made or small-scale production preserves. So try to pick up some marmalade from the market.

ingredients for 2

- 2 duck leg portions
- 2 tbsp thin-shred marmalade
- 1 tsp root ginger, grated (optional)
- 1 tbsp lemon juice
- 1 tsp soy sauce
- ½ tsp wholegrain mustard

Ingredients for 4

- 4 duck leg portions
- 4 tbsp thin-shred marmalade
- 2 tsp root ginger, grated (optional)
- 2 tbsp lemon juice
- 2 tsp soy sauce
- 1 tsp wholegrain mustard



- Preheat the oven to 180°C/350°F/Gas mark 4.
- Prick the duck legs all over with a fork.
- Combine the marmalade, ginger (if using), lemon juice, soy and mustard together in a small bowl.
- Brush liberally over the duck legs.
- Place in a shallow, roasting tin and roast for 45 minutes until the duck is crisp and golden. Brush any remaining glaze over the legs once or twice as it cooks.











Crunchy Pork Pâté

A rich moist pâté with a delicious, nutty layer in the centre. Serve with salad for a light meal, or with brown bread or toast for a starter. The pâté can be frozen for up to four months. Thaw overnight in the refrigerator.

Ingredients for 4-6

225g/8oz belly pork from outdoor-reared pigs 100g/4oz pig's or lamb's liver 1 small onion, finely chopped 1 small free-range egg 50g/2oz fresh wholemeal breadcrumbs 75ml/2/fl oz dry sherry Pinch grated nutmeg 50g/2oz walnut pieces Salt and freshly ground black pepper

Ingredients for 8-10

450g/1lb strips belly pork from outdoor-reared pigs 200g/7oz pig's or lamb's liver 1 large onion, finely chopped 1 large free-range egg 100g/4oz fresh wholemeal breadcrumbs 150ml/¼ pint dry sherry ¼ tsp grated nutmeg

% tsp grated nutmeg 100g/4oz walnut pieces Salt and freshly ground black pepper

Preheat the oven to 180°C/350°F/Gas mark 4. Grease and line a 450g/1lb (900g/2lb) loaf tin.

Remove the rind from belly pork and discard. Finely chop the belly and lean pork in a food processor or push through a mincer. Roughly chop the livers – this is best done by hand.

Place all the ingredients, except the walnuts, in a mixing bowl, season well and beat until very well combined. You may find it easier to mix with your hands.

Place half the mixture into the prepared tin and press down well.









Scatter a layer of walnuts on top and cover with the remaining meat mixture, pressing down well again.

Bake for 1½ hours (2½ hours) until the juices run clear when the centre is pierced with a skewer.

Remove the tin from the water and cover the top of the pâté with a sheet of greaseproof paper and a fresh sheet of foil. Cover with some weights or some tins. Allow to cool then chill completely in the refrigerator.

To serve turn out the pâté to slice.





Roast Pheasant with Apple and Cider

Emple Entertainment

Easy to prepare, this dish is full of flavour. Remember, the bird may contain traces of lead

Ingredients for 2

shot, which should be cut away and discarded.

- 1 oven-ready pheasant
- 1 lemon wedge
- 25g/1oz butter
- 2 rashers streaky bacon from outdoor-reared pigs
- 1 eating apple
- 3 tbsp dry cider
- 1/2 tsp wholegrain mustard
- 2 tbsp chicken stock
- 2 tbsp double cream

Ingredients for 4

- 2 oven-ready pheasants
- 2 lemon wedges
- 50g/2oz butter
- 4 rashers streaky bacon from outdoor-reared pigs
- 2 eating apples
- 90ml/3fl oz dry cider
- 1 tsp wholegrain mustard
- 50ml/2fl oz chicken stock
- 75ml/21/sfl oz double cream



- Preheat the oven to 200°C/400°F/Gas mark 6. Rinse each bird inside and out and pat dry with kitchen paper.
- Place a wedge of lemon and a knob of butter into the body cavity of each bird.









- 3 Place in a roasting tin. Dot the remaining butter over the birds and lay the bacon over the breast of each pheasant.
- A Roast for about 20 minutes and baste with the juices.
- Core and quarter the apples and arrange in the pan around the birds and continue to roast for 25–30 minutes or until the juices run clear.
- Transfer the pheasants and apple quarters to a warm serving plate.

- Place the roasting tin over a medium heat and add the cider, stirring to incorporate the pan juices. Add the mustard, stock and cream and bring to the boil.
- Boil rapidly, stirring until the sauce thickens slightly.
- Season with salt and pepper and serve the sauce with the pheasant.







Pigeon Braised in Red Wine

Pigeon is best suited to a slow cooking method to ensure that the end result is not tough.

'a medients for 2

- 1 tbsp olive oil
- 2 pigeons, halved
- 1 small onion, sliced
- 1 clove garlic, chopped
- 1 tsp juniper berries, lightly crushed
- 1 tsp plain flour
- 150ml/¼ pint red wine
- 100g/4oz chestnut mushrooms, quartered
- 1 tbsp redcurrant jelly or cranberry sauce

Heat oil in a large frying

Transfer to a flameproof casserole or large saucepan.

I pan and brown the pigeon.

ingredients for 4

- 2 tbsp olive oil
- 4 pigeons, halved
- 1 large onion, sliced
- 2 cloves garlic, chopped
- 2 tsp juniper berries, lightly crushed
- 2 tsp plain flour
- 300ml/½ pint red wine
- 225g/8oz chestnut
- mushrooms, quartered
- 2 tbsp redcurrant jelly or cranberry sauce



Add the onions to the cranl to combine.

Gradually add the wine and bring to the boil, stirring. Pour over the pigeon. Cover with a tight-fitting lid and

Stir in the mushrooms and redcurrant jelly or cranberry sauce and continue to cook, covered, over a low heat for 30 minutes, until the meat is very tender and begins to fall from the bone.

Serve the pigeon with the vegetables and sauce spooned over. Serve with lots of mashed potato to mop up the fabulous juices.













Partridge with Roast Turnips & Swede

The partridge was once our most common game bird. Sadly, due to intensive farming, this is no longer the case. Nonetheless, you should be able to find partridge at some farmer's markets during the gaming season.

Ingredients for 2

225g/8oz swede
225g/8oz turnip
2 oven-ready partridge
1 tsp fresh rosemary,
chopped
1 tbsp olive oil
About 15g/½oz butter,
softened
1 tsp balsamic vinegar
50ml/2fl oz chicken stock

Salt and freshly ground

black pepper

Ingredients for 4

450g/1lb swede
450g/1lb turnip
4 oven-ready partridge
1 tbsp fresh rosemary,
chopped
2 tbsp olive oil
About 40g/1½oz butter,
softened
1 tbsp balsamic vinegar
100ml/3½fl oz chicken stock
Salt and freshly ground
black pepper







Preheat the oven to 200°C/400°F/Gas mark 6.

Peel and cut the swede and turnip into 2.5cm/1 inch cubes. Toss with the olive oil and arrange in a roasting tin. Sprinkle with rosemary and roast for 30 minutes.

Season the partridge.
Spread the butter over the breasts of the birds and cover with greaseproof paper.

A Nestle the birds in the roasting tin amongst the

vegetables and roast for 15–20 minutes or until the juices run clear.

5 Remove the birds and vegetables to a warm serving plate.

Place the roasting tin over a medium heat and stir in the balsamic vinegar, scraping the base of the pan to loosen any juices. Add the chicken stock and bring to the boil. Boil for a minute or two, then spoon the juices over the bird to serve.





Sole with Watercress Sauce

many Entertaining

Dover sole is an expensive fish, but its flavour is so delicious, it is worth the occasional treat. Lemon sole can be substituted, but the flavour is quite different. In fact, the sauce will go with any white fish as well as salmon, so you can ring the changes according to what is available at the market.

ingredients for 2

- ½ bunch watercress
- 2 Dover or lemon sole, cleaned
- 15q/½oz butter
- 1 tbsp sunflower oil
- 75ml/21/sfl oz dry white wine
- 75ml/21/sfl oz double cream
- 1/4 tsp cornflour
- Salt and freshly ground black pepper

ingredients for 4

- 1 bunch watercress
- 4 Dover or lemon sole, cleaned
- 25q/1oz butter
- 2 tbsp sunflower oil
- 150ml/¼ pint dry white wine
- 150ml/¼ pint double cream
- ½ tsp cornflour
- Salt and freshly ground black pepper



Wash the watercress and shake dry. Discard any tough stalks (small tender stalks are fine), and chop finely.

2 Season the fish. Cut the skirt from the edge of the fish with sharp scissors.

You can skin the fish before cooking, if desired. Cut a little slash into the skin at the tail end of the fish and use a sawing motion to cut a little of the skin away from the flesh. Once you have enough skin to

get hold of, dip your fingers in salt to make gripping the fish easier and carefully pull away the skin. If you are unsure about doing this, the fish can be left with the skin on, simply cut a couple of slashes into the fish before cooking.

Melt the butter and oil in a large frying pan and panfry the fish for 3-5 minutes each side. You may need to do this in two batches. Remove from the pan to a warm plate, cover loosely with foil and keep warm.







Add the wine to the pan and increase the heat. Boil until you have about 1–2 (2–3) tablespoons left.

6 Mix a little of the cream with the cornflour, then stir into the rest of the cream. Add

to the pan and cook, stirring, until thickened slightly. Stir in the watercress and cook for a moment or two longer to heat through.

Serve the fish with the sauce poured over.





Poached Fish with Greens

You can use any white fish for this dish. Haddock and cod are fine, but becoming increasingly more expensive as fish stocks run low. So, why not try a less familiar white fish such as pollack. Ask your stallholder for a fish suitable for poaching. Use any green-leaf vegetables for this dish, depending on what is in season. Here it is made with green and purple kale.

ingredients for

2 fish fillets such as pollack, bass, haddock, coley or cod

40g/1½oz butter

1 small onion, chopped 50ml/2fl oz fish stock

about 100g/4oz greens, washed, trimmed and

1 tsp brandy

Splash lemon juice

1 tsp fresh tarragon, dill or parsley, chopped Salt and freshly ground

black pepper

Inaredients for 4

4 fish fillets such as pollack, bass, haddock, coley or cod

75g/3oz butter

1 onion, chopped

100ml/3½fl oz fish stock

About 250g/9oz greens, washed, trimmed and sliced

1 tbsp brandy

1 tsp lemon juice

2 tsp fresh tarragon, dill or parsley, chopped

Salt and freshly ground black pepper



Season the fish with salt and pepper.

Melt 15g//soz (25g/1oz) butter in a large frying pan and sauté the onion for 3–4 minutes until softened. Add the stock and bring to simmering point.

Add the fish, cover and simmer for 5 minutes. Remove from the heat and allow to stand for 5 minutes







Meanwhile, cook the spring greens in lightly salted boiling water until just tender. Drain and divide between 2 serving plates (4 serving plates). Using a draining spoon, place a piece of fish on top of each pile of greens and keep warm.

5 Return the frying pan with the stock to the heat, and bring to the boil. Gradually whisk in the remaining butter.

Remove from the heat and whisk in the brandy, lemon juice and herbs and pour over the fish. Serve immediately.









Mussels in Cider

Law Fot

Dry English cider is used instead of wine in this variation of a French classic. Mussels are in season throughout the winter. If you can find clams as well, replace some of the mussels with clams for a tasty variation. The flavours are similar, but the textures are different. Serve with bread to mop up the lovely juices.

ingredients for 2

750g/1lb 10oz mussels
25g/1oz butter
1 clove garlic, chopped
2 shallots, chopped
75ml/2½fl oz dry cider
100g/4oz tomatoes, seeded
and chopped
Grated zest and juice ½
unwaxed lemon
2 tbsp fresh parsley, chopped

Ingredients for 4

1.5kg/3lb 6oz mussels
50g/2oz butter
2 cloves garlic, chopped
4 shallots, chopped
150ml/¼ pint dry cider
225g/8oz tomatoes, seeded and chopped
Grated zest and juice 1 unwaxed lemon
4 tbsp fresh parsley, chopped



1 Wash the mussels in several changes of water. Pull off the fibrous beards. Discard any cracked or open shells which do not close when tapped.

Melt the butter in a large pan and sauté the shallots and garlic for 3–4 minutes until softened and beginning to turn golden.

Add the cider and tomatoes and bring to the boil.

Add the mussels, cover and cook over a high heat for 6–8 minutes, shaking the pan a few times until the mussels have opened.

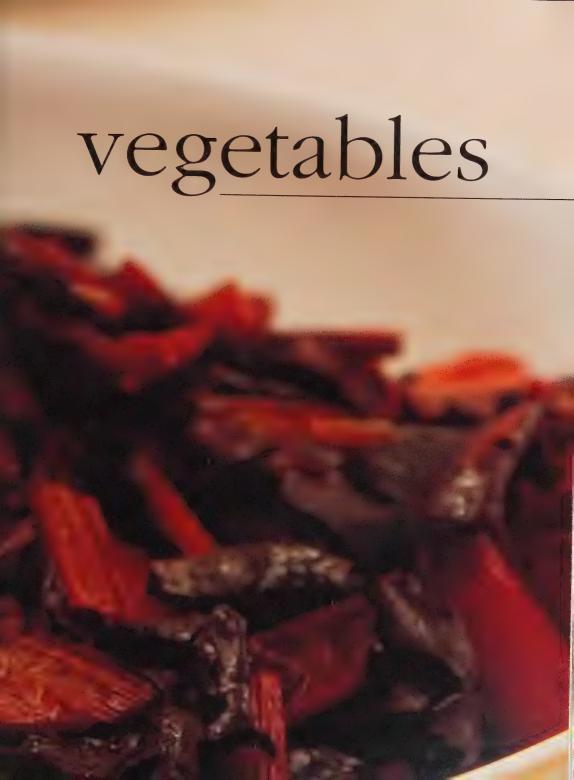
Sprinkle over the parsley and serve spooned into warm dishes, discarding any mussels that have not opened.













Roast Parsnip Soup

Roasting the parsnips gives this dish a rich flavour. The garnish is optional so, if preferred, you can serve sprinkled with a little chopped parsley. If you can get rapeseed oil, this will add a light flavour and have a deep golden yellow colour with a high burn point, making it ideal for roasting. If you are unable to get rapeseed oil, use olive oil instead.

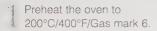
Ingredients for 2-3

350g/12oz parsnips, peeled
½ small onion, quartered
1 clove garlic, peeled
2 tbsp extra virgin
rapeseed oil
600ml/1 pint vegetable stock
Salt and freshly ground
black pepper
Garnish (optional)
1 small parsnip, peeled
Oil for deep frying

Ingredients for 4-6

700g/1½lb parsnips, peeled 1 small onion, quartered 2 cloves garlic, peeled 4 tbsp extra virgin rapeseed oil 1.2 litres/2 pints vegetable stock Salt and freshly ground black pepper

black pepper Garnish (optional) 1 parsnip, peeled Oil for deep frying



2 Cut the parsnips for the soup into equal-sized chunks. Remove the centre core if the parsnips are large.

Place on a roasting tray with the onion and garlic. Sprinkle with the oil and toss to coat. Roast for about 30 minutes or until golden, turning once or twice.

Place the roasted vegetables in a saucepan and add half the stock. Bring

to the boil, then reduce the heat and simmer for 20 minutes. Season.

Purée in a food processor or liquidiser and return to the pan. Add the remaining stock heat gently, stirring. Adjust seasoning to taste.

To make the garnish for the soup, slice the parsnip very thinly lengthways (cut in half if it is long) to make long thin strips. Deep-fry in hot fat until crisp and golden. Season and serve piled in a heap on top of the soup.









Minted Pea Soup

vecetorian

This soup can be made with frozen peas, but the flavour is just sensational if you make it in the summer with fresh peas.

Ingredients for 2

175g/6oz shelled peas

- you will need about
250-325g/9-11oz peas in
the pod for this
1 tbsp olive oil
2 shallots, chopped

2 shallots, chopped 100g/4oz floury potatoes, peeled and diced

300ml/½ pint vegetable stock Small handful fresh mint leaves

1 tbsp crème fraiche (optional)

Salt and freshly ground black pepper

Ingredients for 4







1 Shell the peas.

Heat the oil in a large saucepan and sauté the shallots until softened for about 2 minutes.

Add the potatoes and stock and bring to the boil. Reduce the heat and simmer gently for 15 minutes.

Add the peas.

Coarsely chop the mint leaves and stir into the soup. Simmer for 5–10 minutes.

Remove from the heat and allow to cool slightly, then puree in a food processor or liquidiser.

Return to the pan and reheat gently. Season to taste and ladle into bowls.

Serve topped with a little crème fraiche if desired.

Pumpkin or Squash Soup

Autumn is the time for pumpkins, which make delicious soup, and it is in the autumn that you will find the most squashes at the markets. Any autumn summer squash can be used to make this soup; each will give a slightly different taste or texture. Serve this soup with cheese and bacon muffins (see page 163) for a tasty alternative to bread.

Ingredients for 2-4

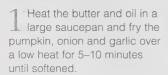
15g/½oz butter

- 1 tbsp extra virgin rapeseed or olive oil
- 250g/9oz pumpkin flesh, cut into cubes
- 1 small onion, chopped
- 1 clove garlic, chopped
- 225ml/8fl oz vegetable stock
- 1 sprig fresh thyme
- 150ml/¼ pint milk
- 2 thin rashers streaky bacon Fresh thyme to garnish Salt and freshly ground
 - black pepper

ingredients for 4-6

25g/1oz butter

- 2 tbsp extra virgin rapeseed or olive oil
- 500g/1lb 2oz pumpkin flesh, cut into cubes
- 1 onion, chopped
- 1 clove garlic, chopped
- 450ml/% pint vegetable stock
- 2 sprigs fresh thyme
- 300ml/½ pint milk
- 3 thin rashers streaky bacon
- Fresh thyme to garnish
- Salt and freshly ground black pepper



Add the stock and thyme.
Cover and simmer for 30 minutes.

Remove the thyme sprigs. Purée the soup in a liquidiser or food processor and return to the pan.

Add the milk and heat gently. Season to taste with salt and pepper.

5 Meanwhile, grill the bacon until very crispy. Serve the soup garnished with a sprinkle of fresh thyme leaves and the crispy bacon.



Principly Favourite









Coleslaw

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This is a handy salad to have in the fridge and it will keep for up to four days. I like the more traditional mayonnaise-based dressing (although I lighten it up with equal quantities of yogurt). You could also use a soured cream dressing, or, if you are watching your waistline, you could try a low calorie vinaigrette dressing instead. Slices of dessert apple, cubes of cheese or nuts can also be added for a more substantial salad.

Ingredients for 3-6:

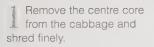
1/4 small white cabbage

- 1 carrot
- 1 stick celery
- 2 tbsp mayonnaise
- 2 tbsp wholemilk natural vogurt

Pinch cayenne pepper Salt and freshly ground black pepper

Ingredients for 6-8:

- 1/2 small white cabbage
- 2 small carrots
- 2 stick celery
- 4 tbsp mayonnaise
- 4 tbsp wholemilk natural yogurt
- Pinch cayenne pepper Salt and freshly ground black pepper



Coarsely grate the carrot and thinly slice the celery. Put with the cabbage into a large mixing bowl.

Mix together the mayonnaise, yogurt cayenne and seasoning. Pour over the coleslaw and toss until well coated in the dressing.

Transfer to a dish to serve.









Broad Beans with Honey Mustard Dressing

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This can be served warm as a vegetable or cold as a salad. A little bit of crispy bacon can also be added to the beans. Young broad beans can be shelled, cooked and eaten as they are, but as they become older you may prefer to skin the beans and eat just the tender, bright green centres. This involves a little more work but is worth the extra effort.

ingredients for 2

350g/12oz broad beans

- 2 tbsp extra virgin olive oil
- 1/2 small red onion, thinly sliced
- 1 tbsp lemon juice
- 1 tsp clear honey
- ½ tsp wholegrain mustard Salt and freshly ground black pepper

Shell the broad beans.

saucepan of lightly salted boiling water for 5–10 minutes

until just tender.

Ingredients for 4

700g/1½lb broad beans

- 4 tbsp extra virgin olive oil
- 1 small red onion, thinly sliced
- 2 tbsp lemon juice

black pepper

- 2 tsp clear honey
- 1 tsp wholegrain mustard Salt and freshly ground

Meanwhile, whisk together all the remaining ingredients with a fork until well

combined. Stir into the pan and heat through.

and heat through.

Heat a little of the oil in a small frying pan and gently sauté the onion until just beginning to soften.

Drain the broad beans and serve with the dressing drizzled over.









Mixed Tomato & Onion Salad

This is a simple salad which can be made with different varieties of tomatoes when available. Why not try using yellow tomatoes to add extra colour and interest? This is a side salad, but it can easily be made into a main meal salad with the addition of some soft cheese and some fresh salad leaves. Serve with crusty bread.

ingredients for 2

100g/4oz large tomatoes
2 spring onions
50g/2oz baby plum or cherry tomatoes
1 tbsp extra virgin olive oil
½ tsp balsamic vinegar
Salt and freshly ground black pepper

ingredients for 4

225g/8oz large tomatoes
4 spring onions
100g/4oz baby plum or
cherry tomatoes
2 tbsp extra virgin olive oil
1 tsp balsamic vinegar
Salt and freshly ground
black pepper



Thinly slice the large tomatoes and arrange on a serving plate.

Trim and slice the spring onions and sprinkle over the tomato slices.

Halve the baby plum or cherry tomatoes and arrange on top.

A Make a dressing by whisking the remaining ingredients together with a fork and drizzle over the salad. Serve immediately.









Celeriac & Beetroot Remoulade

This is a fantastic side salad. If preferred you can keep the two vegetables separate, but I rather like the delicate pink that the beetroot gives the celeriac. It is difficult to make the dressing in a smaller quantity, but the salad and dressing will keep for 2–3 days in the refrigerator. You could also substitute a lighter vinaigrette dressing instead of this homemade mayonnaise dressing.

Ingredients for 4

350g/12oz celeriac

2 tsp lemon juice

½ tsp salt

175g/6oz raw beetroot

Dressing:

- 1 tsp mustard powder
- 1 free-range egg yolk
- 2 tbsp white wine vinegar
- 150ml/¼ pint extra virgin olive oil
- Salt and freshly ground black pepper

Clean and peel the celeriac and coarsely grate or shred. Use the coarse grater attachment of a food processor or julienne blade of a mandolin for speed.

Place in a bowl with the lemon juice and salt and toss well. Allow to stand for 30 minutes. Rinse and drain, squeezing out any excess water

Peel and coarsely grate or shred the beetroot and add to the celeriac.

Whisk together the mustard, egg yolk and vinegar, then very slowly whisk in the olive oil until a thick sauce is formed. This can also be done in a food processor if you have one. Season with a little salt and pepper.

Add enough dressing to moisten the vegetables and toss to combine. Serve cold. Chill any remaining dressing and use within 3 days.



Tecpora Abund







Globe Artichoke with Goat-cheese Dressing

Brown Enternmone

This is a stunning vegetable dish that can be served as a starter.

Ingredients for 2

2 globe artichokes 50g/2oz soft goat cheese 3-4 tbsp buttermilk or wholemilk natural yogurt ½ tsp mild mustard 1/2 tbsp chopped dill or tarragon Salt and freshly ground black pepper

Ingredients for 4

4 globe artichokes 100g/4oz soft goat cheese 6-8 tbsp buttermilk or wholemilk natural vogurt 1 tsp mild mustard 1 tbsp chopped dill or tarragon Salt and freshly ground black pepper



Wash the artichokes and discard any tatty or vellowed leaves. Trim the points of the leaves with a pair of scissors. Trim the stalk so that the artichoke will stand upriaht.

Ocok in a large pan of lightly salted boiling water for 25-30 minutes until the artichokes are tender and the leaves can be pulled away easily.

Meanwhile, prepare the dressing. Beat the goat cheese with a fork until

softened and gradually beat in the buttermilk or yogurt. Stir in the mustard, and herbs and season to taste.

When the artichokes are cooked, drain them upside down. Remove the centre. leaves and the choke (the centre leaves can be used in a salad).

Spoon the dressing into the centre of each artichoke. To eat, pull off the outer leaves and dip into the sauce.









Spinach Roulade

This dish is impressive to look at, but easy to make and ideal for a summer buffet table.

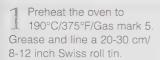
Serves 6

700g/1½lb fresh spinach 4 free-range eggs, separated ½ tsp nutmeg, freshly grated

1 tbsp hard cheese, grated

Filling:

225g/8oz firm tomatoes, seeded and chopped Salt and freshly ground black pepper 225g/8oz low-fat cream cheese



2 Trim any tough stalks from the spinach and place into a saucepan, leaving just the water clinging to the leaves after washing.

Cover and cook over a high heat for a few minutes until the spinach wilts, shaking the pan occasionally.

Drain well, squeezing out as much moisture as possible. Purée in a food processor. Add the egg yolks, nutmeg and plenty of seasoning. Blend to combine and transfer to a mixing bowl.

spinach mixture. Pour into the prepared tin and bake for 12–15 minutes until set.

To prepare the filling, carefully beat the tomatoes into the cream cheese and season with salt and pepper.

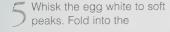
Cool the roulade in the tin for 5 minutes. Sprinkle a sheet on non-stick baking parchment with the grated cheese. Turn out the roulade and carefully peel away the lining paper.

Spread the filling over the roulade and roll up like a Swiss roll. Serve warm or cold with a salad and crusty bread.











Cauliflower & Broccoli Cheese with Crispy Bacon

A simple supper dish, I enjoy adding broccoli as it gives some colour to an otherwise bland-looking dish. Serve as a side dish or as a light meal. Experiment with the different cheeses you can purchase locally. I like to use a soft creamy cheese in the sauce with a little hard cheese grated for the topping, but you could use a grated hard cheese in the sauce as well.

ingredients for 2

½ small cauliflower
75g/3oz broccoli florets
15g/½oz butter
15g/½oz plain flour
150ml/½ pint milk
½ tsp wholegrain mustard
50g/2oz cream/soft cheese
A little sunflower oil
1 shallot, chopped

2 rashers back bacon, from outdoor-reared pigs 15g/½oz fresh wholemeal breadcrumbs

1 tbsp fresh parsley, chopped 25g/1oz hard cheese, grated Salt and freshly ground black pepper

ingredients for 4

1 small cauliflower 175a/6oz broccoli florets 25q/1oz butter 25q/1oz plain flour 300ml/½ pint milk 1 tsp wholegrain mustard 100g/4oz cream/soft cheese A little sunflower oil 2 shallots, chopped 4 rashers back bacon, from outdoor-reared pigs 25q/1oz fresh wholemeal breadcrumbs 2 tbsp fresh parsley, chopped 50q/2oz hard cheese, grated Salt and freshly ground black pepper

1 Cut the cauliflower into quarters, trim away the excess stem and break each quarter into two.

2 Cook in lightly salted boiling water for 4 minutes, add the broccoli and cook for a

further 5 minutes or until tender. Drain and pour into a flameproof dish. Keep warm.

Meanwhile, melt the butter in a small saucepan and stir in the flour and cook for a few seconds.









A Remove from the heat and gradually stir in the milk.
Return to the heat and cook, stirring until sauce thickens.

5 Stir in the mustard and cream or soft cheese and cook until the cheese melts. Season to taste and pour over the vegetables.

Heat the oil in a small frying pan and add the shallot. Cook for 3–4 minutes until softened. Remove the rind from the bacon and cut into

strips. Add the bacon to the pan and cook until beginning to crisp.

Mix the bacon mixture with the breadcrumbs, parsley and grated cheese. Season with a little salt and pepper.

Sprinkle the breadcrumb mixture over the sauce and place under a preheated grill.Grill until the cheese melts and the crumbs are golden and crispy.



Wild Mushroom Tartlets

First Entertaining

If you are lucky, your local farmer's market will have a supply of wild mushrooms in the autumn. Make the most of them while you can. You can also use field mushrooms or button mushrooms. A Yorkshire pudding tin is a shallow tin about 10cm/4 inch across. If you do not have one, you could make twice as many smaller tartlets in a bun tray.

Ingredients for 2

For the pastry cases:

About 1–2 sheets filo pastry Olive oil for brushing

For the filling:

small red onion, peeled
 and cut into thin wedges
 tbsp olive oil
 100g/4oz mixed wild
 mushrooms
 25g/1oz butter
 1 clove garlic, chopped
 A little lemon juice
 Salt and freshly ground

pepper Soured cream or crème fraiche to serve

Ingredients for 4

For the pastry cases:

About 2–3 sheets filo pastry Olive oil for brushing

For the filling:

2 small red onions, peeled and cut into thin wedges 2 tbsp olive oil 225g/8oz mixed wild mushrooms 50g/2oz butter 2 cloves garlic, chopped A little lemon juice Salt and freshly ground black pepper Soured cream or crème fraiche to serve



Preheat the oven to 180°C/350°F/Gas mark 4. Cut the sheets of pastry into12.5cm/5 inch squares.

Brush each square with olive oil and place on top of each other until you have a stack of four squares. Use to line the Yorkshire pudding tins.









- Repeat with the remaining filo to make two (four) shallow pastry cases.
- Bake in the oven for 8–10 minutes until crisp and golden. Remove from the tins and keep warm.
- Meanwhile, place the onion wedges on a baking sheet and drizzle with olive oil.
- Roast in the oven for 15 minutes. Slice or tear the mushrooms into bite-size pieces.

- Toss with the onion and dot with the butter. Sprinkle over the garlic and season with salt and pepper.
- Return to the oven for 10–15 minutes until tender. Sprinkle with a little lemon juice.
- Spoon into the filo pastry cases and serve immediately topped with a generous spoonful of soured cream or crème fraiche.





Ham & Pea Risotto

Family Formirite

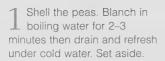
ingredients for 2

175g/6oz fresh peas 25a/1oz butter 1 small onion, chopped 1 clove garlic, chopped 150g/5oz risotto rice 75ml/21/fl oz dry cider or white wine 550ml/19fl oz hot vegetable or chicken stock 60g/2½oz dry-cure ham from outdoor-reared pigs, cut into short strips 40q/1½ oz hard cheese, grated Salt and freshly ground black pepper

ingredients for 4 350g/12oz fresh peas

50q/2oz butter 1 onion, chopped 2 cloves garlic, chopped 275g/10oz risotto rice 150ml/1/4 pint dry cider or white wine 750ml/11/4 pint hot vegetable or chicken stock 150g/5oz dry-cure ham from outdoor-reared pigs, cut into short strips 75g/3oz hard cheese, grated Salt and freshly ground

black pepper



Heat the butter in a saucepan and fry the onion for 3 minutes. Add the garlic and cook for 1 minute

2 Stir in the rice and cook over a medium high heat for a minute, stirring constantly. Add the cider or wine, then turn down the heat so that the liquid is gently simmering. Cook, stirring, until the liquid has been absorbed

Heat the stock in a small pan and keep warm. Add a ladle of stock at a time and continue stirring until the stock has been absorbed.

Repeat until most of the stock has been added and the rice is just tender. Add the peas and ham with the last ladle of stock. When this has been absorbed, the rice should be tender but still wet, with a creamy texture.

Stir in the cheese. Season and serve immediately.











Stuffed Cabbage Rolls

These make an economical midweek meal.

Ingredients for 2

- 1 tsp sunflower oil
- 1 small onion, chopped
- 250g/9oz lean mince beef
- 1 tbsp medium or hot curry paste
- 2 tbsp fresh coriander,
- chopped 150ml/½ pint beef or
- vegetable stock
- 25g/1oz frozen peas
- 4-6 cabbage leaves

Heat the oil in a large

saucepan and fry the onion until softened. Add the beef

and cook until browned. Stir in

the curry paste, coriander, half

the stock and peas. Bring to the boil and simmer for 20

Preheat the oven to 180°C/350°F/Gas mark 4.

Carefully remove the outer

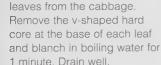
Ingredients for 4

- 1 tbsp sunflower oil
- 1 onion, chopped
- 500g/1lb 2oz lean mince beef 2 than medium or hot curry
- 2 tbsp medium or hot curry paste
- 4 tbsp fresh coriander, chopped
- 300ml/½ pint beef or
- vegetable stock
- 50g/2oz frozen peas
- 8-12 cabbage leaves
- Divide the meat mixture between the cabbage rolls and roll up each leaf. Place seam side down in a shallow baking dish, packed tightly in one layer if possible.
- Pour over the remaining stock, cover with foil and bake for 30 minutes. Serve with the pan juices spooned over.









minutes.



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Creamy Leek & Mushroom Pasta

Family Favourity

You can serve this dish with any pasta shape you have to hand.

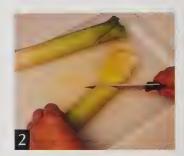
Ingredients for 2

- 1 leek
- 100g/4oz mushrooms
- 200g/7oz pasta shapes
- 1 tbsp olive oil
- 15g/½oz butter
- 1 clove garlic, crushed
- 1 free-range egg
- 150ml/¼ pint double cream
- 25g/1oz hard cheese, grated Salt and freshly ground
 - black pepper

ingredients for 4

- 2 leeks
- 225q/8oz mushrooms
- 400g/14oz pasta shapes
- 2 tbsp olive oil
- 25g/1oz butter
- 1 clove garlic, crushed
- 2 free-range eggs
- 300ml/½ pint double cream 50g/2oz hard cheese, grated
- Salt and freshly ground black pepper
- 1 Trim the leeks, slice on a slight diagonal, wash and rinse well. Slice the mushrooms.
- Cook the pasta in plenty of lightly salted boiling water for 10 minutes, or as directed on the packet.
- Meanwhile, heat the oil and butter in a large frying pan and sauté the leeks and mushrooms for 10 minutes until soft. Stir in the garlic and sauté for 1 minute.

- Beat the eggs in a bowl, then beat in the cream and stir in the cheese.
- 5 When the pasta is nearly cooked, stir the cream mixture into the leeks and mushrooms, and cook very gently, stirring until piping hot. Do not allow to boil. Season to taste.
- Orain the pasta, pour over the sauce and toss to combine.









Sprouts with Bacon & Almonds

Buick and Basy

Sprouts are often sold on the stalk at farmer's markets. I like this as they keep well, and you can simply break off the number of sprouts you need. Store the remainder on the stem in a cool place, or better still poke the stalk into the earth in your garden in a shady place.

ingredients for 2

225g/8oz Brussels sprouts 15g/%oz butter 50g/2oz smoked streaky bacon, rind removed and chopped 1 tbsp flaked almonds

Ingredients for 4

450g/1lb Brussels sprouts 25g/1oz butter 100g/4oz smoked streaky bacon, rind removed and chopped 2 tbsp flaked almonds



Break the required number of sprouts off the stalk. Trim the base of the sprout (there is no need to cut a cross in the base unless they are very large). Trim away any discoloured outer leaves.

2 Bring a pan of water to the boil, do not salt the water as the bacon will add salt to the dish. Cook the sprouts for 4–5 minutes until just tender.

Meanwhile melt the butter in small frying pan and fry the bacon until beginning to brown.

Add the almonds and continue cooking, stirring constantly until the almonds are golden.

5 Drain the sprouts and place in a warm serving dish. Spoon the bacon and almonds over the sprouts and serve immediately.









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Barbecued Corn on the Cob with Herb Butter

Irracity Favourity

I love corn on the cob. it can be boiled until tender, but cooking cobs on the barbecue somehow seems to concentrate the flavour. Serve simply with a knob of flavoured butter for a perfect accompaniment to other barbecued foods.

ingredients for 2

2 corn on the cob 25g/1oz butter

1 heaped tbsp fresh herbs, chopped

½ tsp grated unwaxed lemon zest

Freshly grated black pepper

Ingredients for 4

4 corn on the cob 50g/2oz butter

3 tbsp fresh herbs, chopped

1 tsp grated unwaxed lemon zest

Freshly grated black pepper



Pull back the husks from the corn and remove the hair-like silks inside. Fold back the husks and secure with string.

Soak the corn in cold water for at least 30 minutes or blanch in boiling water for 3–4 minutes. Drain. Alternatively, remove the silks and husks, and wrap in foil. If wrapping in foil there is no need to blanch the cob first. However, if you do, you can reduce the cooking time on the barbecue by 10 minutes.

Cook on the barbecue over hot coals for 20–30 minutes, turning frequently.

Meanwhile, beat the butter tuntil softened, then beat in the herbs, lemon zest and pepper. Place on a sheet of greaseproof paper and shape into a sausage.

5 Roll paper around the butter and twist ends to secure. Chill until required.

To serve, remove the husks from the cobs. Cut butter into discs and serve the cobs topped with a disc of butter.









Sprouting Broccoli with Creamy Lemon Sauce

BODY BURGERSON

Sprouting broccoli is an attractive vegetable which is perfect steamed with just a knob of butter. For something a little more special, try serving with a simple sauce.

Ingredients for 2

250g/9oz purple sprouting broccoli

1 tsp lemon juice

¼ tsp grated unwaxed lemon zest

75ml/2½fl oz fromage frais or crème fraiche Grated nutmeg

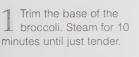
Ingredients for 4

500g/1lb 2oz purple sprouting broccoli

1 tbsp lemon juice

½ tsp grated unwaxed lemon zest

150ml/¼ pint fromage frais or crème fraiche Grated nutmeg



Meanwhile combine the lemon juice, zest and fromage frais or crème fraiche in a small bowl.

Drain the broccoli and place on a warm serving plate. Drizzle the sauce over and sprinkle with nutmeg. Serve immediately.







Mashed Swede with Onion

Quick and Early

This is a simple vegetable to make, and it goes well with roast meat. I like to use the cooking water which has a light onion flavour to make the gravy.

Ingredients for 2

225q/8oz swede 1 small onion 2 tbsp single or double cream (optional) Salt and freshly ground black pepper Generous pinch freshly grated nutmeg Knob of butter to serve

ingredients for 4

450q/1lb swede 1 onion 4 tbsp single or double cream (optional) Salt and freshly ground black pepper Generous pinch freshly grated nutmeg Knob of butter to serve



Peel the swede with a 1 sharp knife or potato peeler and cut into 2.5cm/ 1 inch chunks. Peel and chop the onion.

Bring a pan of water to the boil add the swede and onion, then return to the boil. Reduce the heat, cover and simmer for 15 minutes or until the swede is tender when pierced with a skewer.

Drain and return to the pan. Add the cream if using and season well with salt, pepper and nutmeg. Mash with a potato masher until almost smooth.

Alternatively, purée in a food processor. Serve in a warm serving dish topped with a knob of butter.







*

Asparagus with Garlic Cream

Easy Entertaining

Asparagus has a very short season and to my mind, English asparagus has the best flavour so it is worth looking out for it in late spring. It is fabulous steamed or gently poached and served with a knob of butter and a sprinkling of black pepper. Alternatively, why not try this simple-to-prepare side dish which is delicious served with plain grilled fish or meat, or as a simple starter.

Ingredients for 2

250g/9oz asparagus spears 100ml/3//fl oz double cream 1 clove garlic, peeled and crushed Salt and white pepper Chopped fresh parsley

ingredients for 4

500g/1lb 2oz asparagus spears 200ml/7fl oz double cream 2 cloves garlic, peeled and crushed Salt and white pepper Chopped fresh parsley



1 Trim the asparagus ends, at the point at which the stem breaks easily. Bring a frying pan of water to a gentle simmer and add a little salt.

Add the asparagus, placing the pan slightly off-centre on the hob so that the stems are over the heat and the tips just off the heat.

Simmer gently for 5–6 minutes until just tender.

Meanwhile, place the cream and garlic in a saucepan and bring to the boil. Reduce the heat and simmer for 5 minutes until thickened slightly.

When the asparagus is cooked, drain well and serve with the cream sauce poured over.











Low Braised Red Cabbage with Pears

Liny Fat

Traditionally, cabbage is braised with apples, but I find it works well with pears too – or you could try a mixture of the two. This makes a lovely accompaniment to poultry and game.

Ingredients for 2

350g/12oz cabbage, cored and thinly sliced

- 1 small onion, sliced
- 1 pear, peeled cored and thickly sliced
- 75g/3oz beetroot, cut into thin sticks
- 15g/½oz light muscovado sugar
- 4 tbsp vegetable stock
- 1 tbsp red wine vinegar
- Pinch mixed spice
- Salt and freshly ground black pepper

inquedients for 4

700g/1½lb red cabbage, cored and thinly sliced

- 1 large onion, sliced
- 2 pears, peeled cored and thickly sliced
- 175g/6oz beetroot, cut into thin sticks
- 25g/1oz light muscovado sugar
- 125ml/4fl oz vegetable stock
- 2 tbsp red wine vinegar Generous pinch mixed spice Salt and freshly ground black pepper







Place the cabbage, onion and pear into a large saucepan and scatter the beetroot on top.

2 Sprinkle over the sugar and pour in the stock and vinegar.

3 Season with the mixed spice, salt and pepper.



5 Cover and cook gently over a very low heat for 45 minutes or until the cabbage is tender, stirring occasionally.

Buttered Marrow

courts and Easy

Marrow is a much neglected vegetable, which is a shame really as it is often very economical and can be served as a simple vegetable in its own right as here, or stuffed with a meat or lentil mixture for a fabulous economical main meal.

ingredients for 2

1/2 marrow (about 500g/ 1lb 2oz) 25q/1oz butter Salt and freshly ground black pepper Freshly grated nutmeg ½ chopped chilli (optional)

ingredients for 4

1 marrow (about 1kg/21/lb) 50g/2oz butter Salt and freshly ground black pepper Freshly grated nutmeg 1 chopped chilli (optional)



1 Preheat the oven to Cut the marrow into 1.5cm/% inch slices and cut the slices in half.

Peel the slices with a potato peeler or small, sharp knife and scoop out the seed.

2 Blanch in boiling water for 1 minute, drain and place in a shallow dish.

Dot with butter, sprinkle with salt, pepper and nutmeg. Sprinkle over the chopped chilli if using. Cover with foil and bake for 20 minutes.









Celeriac & Potato Mash

Celeriac has a wonderful flavour, reminiscent of celery. It is an ugly root vegetable sometimes marketed as 'the ugly one' but don't let this put you off. It makes the most wonderful mash.

ingredients for 2

250g/9oz celeriac 200g/7oz floury potatoes 25g/1oz butter 3 tbsp milk Salt and freshly ground black pepper

Ingredients for 4

500g/1lb 2oz celeriac 400g/14oz floury potatoes 50g/2oz butter 6 tbsp milk Salt and freshly ground black pepper



2 Cook the potatoes and celeriac in lightly salted boiling water for 10–12 minutes or until just tender.

Drain well. Heat the butter and milk in a small pan until just simmering. Add to the vegetables and mash well. Season to taste and serve immediately.









Young Carrots with Dill Butter

Basy Entertaining

When buying bunched carrots look for tops that are still fresh. Any remaining butter can be stored in the refrigerator for up to 1 week and used on other boiled or steamed vegetables.

ingredients for 2

225g/8oz young carrots

Dill Butter:

25g/1oz butter, softened 1 tsp fresh dill, chopped 1 tsp capers, drained and chopped Salt and freshly ground black pepper

ingredients for 4

450g/1lb young carrots

Dill Butter:

50g/2oz butter, softened 2 tsp fresh dill, chopped 2 tsp capers, drained and chopped Salt and freshly ground black pepper



Wash the carrots, and trim the tops leaving a little of the green attached if liked.

Place the carrots in a steamer and steam for 10 minutes until just tender. If using older, thick carrots, you will need to cut them in half lengthwise.

3 To make the dill butter, beat the butter, dill and capers together with a little seasoning.

Drain the carrots and serve topped with a knob or two of the dill butter. Chill the remaining butter and use as desired.









Braised Celery with Almonds

If you think celery is only for eating raw when on a diet, think again. Celery can also be served as a very flavoursome vegetable. If liked, a little bacon can be added to the almond mixture.

Ingredients for 2

½ bunch celery

15g/½oz butter

1 small onion, chopped 25g/1oz flaked almonds

1/4 tsp celery salt

1 tbsp fresh parsley, chopped

Ingredients for 4

1 bunch celery 25g/1oz butter

1 onion, chopped

50g/2oz flaked almonds

½ tsp celery salt

2 tbsp fresh parsley, chopped







Trim, wash and cut the celery into 7.5cm/3 inch lengths. A nail brush is ideal for cleaning celery if it is very dirty. Blanch in boiling water for 2 minutes. Drain reserving 90ml/3fl oz (150ml/½ pint) of the water.

Heat the butter in a large sauté pan or frying pan with a lid and sauté the onion until softened.

Add the flaked almonds and fry until golden. Pour in the reserved liquid.

Add the celery to the pan, sprinkle over the celery salt and cover with a tight-fitting lid. Simmer gently for 20–25 minutes until the celery is tender and most of the liquid has evaporated.

Serve sprinkled with parsley.

Carrot, Parsnip & Apple Gratin

A great side dish which makes the most of winter root vegetables

ingredients for 2

40g/1½oz butter
1 tbsp sunflower oil
½ small onion, finely
chopped
225g/8oz carrots, grated
100g/4oz parsnips, peeled
and grated
1 local eating apple, peeled,
cored and grated
25g/1oz raisins
75ml/2½fl oz single or
soured cream
1 small free-range egg yolk

½tsp ground cumin

breadcrumbs

15q/½oz rolled oats

25q/1oz fresh wholemeal

Preheat the oven to 190°C/375°F/Gas mark 5. Melt about one-third of the butter with the oil in a large frying pan and sauté the onion until it begins to soften.

Add the carrot and parsnip and sauté for 5 minutes, stirring frequently.

Toss in the apple and raisins and spoon into a shallow ovenproof dish.

Ingredients for 4

75q/3oz butter 2 tbsp sunflower oil 1 small onion, finely chopped 450g/1lb carrots, grated 225g/8oz parsnips, peeled and grated 2 local eating apples, peeled, cored and grated 50g/2oz raisins 150ml/¼ pint single or soured cream 1 large free-range egg yolk 1 tsp ground cumin 50q/2oz fresh wholemeal breadcrumbs 25g/1oz rolled oats

Beat together the cream, eggs and cumin and season with salt and pepper. Pour over the vegetables.

Melt the remaining butter and stir in the breadcrumbs and oats. Sprinkle on top of the dish. Bake for 20 minutes until the top is crisp and golden.









Sautéed Chard with Shallots & Garlic

ERSY Extertaining

Chard is a member of the beet family which is grown primarily for its stem, which may be white or red and has a delicate unique flavour. The stems and leaves can be cooked separately. Use the leaves in soup or stews and serve the stem as a vegetable in its own right, or as here, sauté the two together to give a fabulous side dish.

Ingredients for 2

200g/7oz chard

- 1 tbsp olive oil
- 15q/½oz butter
- 2 shallots, chopped
- 1 clove garlic, chopped
- 1/2 tbsp red wine vinegar
- Salt and freshly ground black pepper

Ingredients for 4

- 400g/14oz chard
- 2 tbsp olive oil
- 25g/1oz butter
- 4 shallots, chopped
- 2 cloves garlic, chopped
- 1 tbsp red wine vinegar
- Salt and freshly ground black pepper
- Cut the stem from the leaves and slice thickly.
- Tear or cut the leaves into pieces.
- 2 Heat the oil and butter in a large frying pan and gently sauté the shallot until softened. Add the garlic and chard stems and sauté for 3-4 minutes until the stems are beginning to soften, stirring frequently.
- Add the leaves and continue to sauté for 3-4 minutes until the vegetable is tender.
- Pour in the red wine vinegar and season with salt and pepper. Toss in the pan and serve.











Creamed Beans

Grant stell from

I like to include garlic in the creamy sauce, but it can be omitted if preferred. This recipe works for green beans and runner beans, although I think runner beans have such a fabulous flavour, they need little more than a knob of butter and some freshly grated pepper.

Ingredients for 2

250g/9oz green beans 100ml/3½fl oz double or soured cream 1–2 cloves garlic, crushed ½ tsp fresh thyme, chopped Salt and ground white pepper

Top the beans and tail if required. Cook the beans in lightly salted boiling water

for about 10 minutes until just

tender.

Meanwhile, place the cream, garlic and thyme in a small saucepan and heat. Simmer gently for 5 minutes.

Ingredients for 4

500g/1lb 2oz green beans 200ml/7fl oz double or soured cream 2–3 cloves garlic, crushed 1 tsp fresh thyme, chopped Salt and ground white pepper

Drain the beans and place in a warm serving dish.

Pour over the garlic, flavoured cream and season with pepper. Toss to combine and serve.







Roast Jerusalem Artichokes

Despite their names, Jerusalem and globe artichokes are not related. Choose firm unbruised Jerusalem artichokes. They tend to be irregular in shape, but try to select artichokes of a similar size.

Ingredients for 2

250g/9oz Jerusalem artichokes

A little lemon juice

1 tbsp olive oil

½ tbsp fresh rosemary, chopped

½ tsp fresh thyme, chopped Salt and freshly ground black pepper

Ingredients for 4

500g/1lb 2oz Jerusalem artichokes

A little lemon juice

2 tbsp olive oil

1 tbsp fresh rosemary, chopped

1 tsp fresh thyme, chopped Salt and freshly ground black pepper



- Preheat the oven to 190°C/375°F/Gas mark 5.
- Peel the Jerusalem artichokes and drop into a bowl of water to which a little lemon juice has been added.
- Remove from the water, shaking off the excess. Cut into equal-sized pieces and toss with the olive oil, rosemary and thyme.
- Spread out in a single layer in a shallow roasting dish and sprinkle with salt and pepper.
- Roast for about 40–45 minutes depending on the size of the pieces or until just tender when pierced with a skewer.
- Serve immediately.









Red Onion Marmalade

Finally Enformits

Not a preserve in the true sense of the word, red onion marmalade will keep for up to one week in the refrigerator, although in my house it is gone long before then. It can be served warm or cold and is delicious with any grilled or pan-fried meats.

Ingredients for 2

2 tbsp olive oil
225g/8oz red onions, peeled
and cut into rings
100ml/3½fl oz red wine
Grated zest and juice of ½
small orange
2 tsp light muscovado sugar
Salt and freshly ground
black pepper

Ingredients for 4

4 tbsp olive oil
450g/1lb red onions, peeled
and cut into rings
200ml/7fl oz red wine
Grated zest and juice of 1
small orange
1 round tbsp light
muscovado sugar
Salt and freshly ground
black pepper

Simmer gently for 10–15 minutes, stirring occasionally until most of the liquid has evaporated. Season with salt and pepper and allow to cool.

Heat the oil in a saucepan and stir in the onions. Cook over a low heat for about 15 minutes until the onions are soft and just beginning to turn a pale golden colour.

2 Add the wine, orange zest, juice and sugar to the pan.









Courgette Cake

This is a variation on the more familiar carrot cake and, like carrots, the courgette adds sweetness to the cake as well as giving it a fabulous moist texture. You can substitute half the courgettes with carrots if preferred.

ingredients for 1 cake

3 free-range eggs 75g/3oz golden caster sugar 150g/5oz self-raising flour 225g/8oz courgettes, trimmed and grated 25g/1oz butter, melted

Frosting:

175g/6oz full-fat cream cheese 1 tbsp lemon or orange juice 75g/3oz icing sugar

Preheat the oven to 180°C/350°F/Gas mark 4. Lightly oil and line the base of a 20cm/8 inch round cake tin.

Place the eggs and sugar in a large mixing bowl and whisk until very pale and thick.

Fold in the courgettes.

Carefully fold in the flour.

Drizzle over the melted butter and fold in.

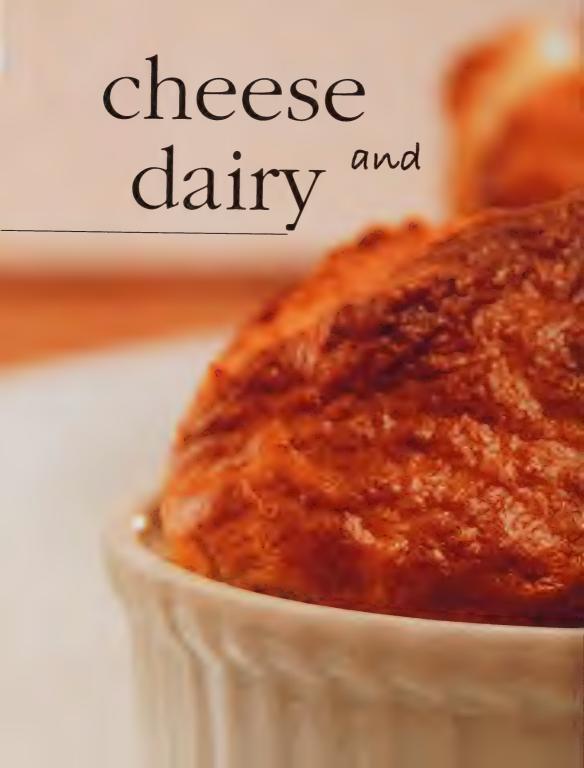
Pour into the prepared cake tin and bake for 25–35 minutes or until springy to the touch. Cool in the tin for 5 minutes before transferring to a wire rack to cool completely.

5 Beat together the cheese, lemon juice and icing sugar until just combined. Spread over the top of the cake. Serve cut into wedges.













VERBLOWNERS



Cheese & Broccoli Filo Rolls

This makes a great vegetarian supper dish. The end result will vary slightly according to your local cheese, but this will add to the charm of the dish. For the hard cheese, choose something similar to Cheddar or red Leicester.

ingredients for 4

100g/4oz broccoli

1 tsp olive oil

1/2 small onion, chopped

½ tsp cumin seeds

125g/4½oz soft curd or cream cheese

25g/1oz local cheese, diced 1 small tomato, seeded and chopped

About 100g/4oz filo pastry 25g/1oz butter, melted

Ingredients for 8

225g/8oz broccoli

1 tbsp olive oil

1 small onion, chopped

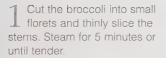
1 tsp cumin seeds

250g/9oz soft curd or cream cheese

50g/2oz hard cheese, diced 1 large tomato, seeded and

chopped

About 200g/7oz filo pastry 50g/2oz butter, melted



Heat the oil and sauté the onion and cumin seeds for 3–4 minutes until softened.

Allow to cool.

Mix the onion, soft and diced cheeses, tomatoes and broccoli.

Preheat the oven to 190°C/375°F/Gas mark 5. Cut the filo into 30x15cm/12x6 inch rectangles.

5 Brush a sheet of filo with butter. Place another filo sheet on top and brush this one with butter.

Spoon a quarter (oneeighth) of the cheese mixture onto one end. Fold over the long edges, then roll up like a Swiss roll.

Place on a lightly oiled baking sheet. Repeat with the remaining pastry and filling until you have four (eight) rolls. Brush the tops with butter and bake for 20 minutes until crisp and golden.







Goat Cheese & Leek Tarts

I find the mild flavour of leeks works well with goats cheese. Serve with a rocket and cherry tomato salad for a great lunch time dish.

ingredients for 3:

90g/3½oz plain flour 40q/1½oz butter Cold water to mix 1 tbsp olive oil 1 leek, washed and sliced 1 free-range egg 75ml/21/fl oz milk 50g/2oz fresh, medium-fat, soft goat cheese Sait and freshly ground black pepper

ingredients for 6:

175g/6oz plain flour

75a/3oz butter Cold water to mix 2 tbsp olive oil 2 leeks, washed and sliced 2 free-range eggs 150ml/¼ pint milk 150g/5oz fresh, medium-fat, soft goat cheese Salt and freshly ground black pepper



1 Sift the flour into a mixing bowl and rub in the butter until the mixture resembles fine breadcrumbs.

Add enough water to mix to a soft dough.

Roll out the pastry on a Jightly floured surface and line three (six) 15cm/6 inch flan tins. Prick the base of each pastry case with a fork.

Chill for 20 minutes.
Preheat the oven to 200°C/400°F/Gas mark 6.

Line each pastry case with baking parchment, fill with baking beans and bake for 10 minutes.

Remove the paper and beans and bake for another 5 minutes until the pastry is crisp and golden. Reduce the temperature to 180°C/350°F/Gas mark 4.

Heat the oil in a small / frying pan and sauté the leeks until soft. Spread over the base of the pastry cases. Place teaspoons or slices of the goat cheese over the top.

O Beat together the eggs O and milk until well combined. Season well. Pour into the pastry cases. Bake for 20-25 minutes until the filling is just set. Serve hot or cold.











Sour Cream, Cheese & Sun-blushed Tomato Dip

Swick and Elisy

Sun-blushed tomatoes are tomatoes that have been semi-dried, producing a sweet, intense flavour. You may be able to get these at your farmer's market, alternatively, you can make your own by roasting halved cherry tomatoes in a low oven. Sun-dried tomatoes in olive oil can be used but the flavour is much stronger, so use fewer.

ingredients for 2

100g/4oz cream cheese
3 tbsp soured cream
25g/1oz sun-blushed tomatoes
2 spring onions, chopped
1 tsp pesto
Bread or vegetables for dipping
Basil to garnish (optional)

Ingredients for 4 200g/7oz cream cheese

90ml/3fl oz soured cream 50g/2oz sun-blushed tomatoes 4 spring onions, chopped 2 tsp pesto Bread or vegetables for dipping Basil to garnish (optional)



eam cheese

3 Stir in the spring onions
and pesto. Transfer to a
serving bowl and garnish with
basil if desired.

Serve with bread or crudités for dipping.





1 Combine the cream cheese and soured cream until smooth.

2 Chop the tomatoes and beat into the cheese mixture.



Cheese & Bacon Muffins

Prepare Anend

These muffins are delicious on their own, served warm for breakfast, or as a snack. They also make a great accompaniment to soup. Try using a mixture of cheeses in the muffins.

ingredients for 12

225g/8oz plain flour

225g/8oz stoneground wholemeal flour

1 tbsp baking powder

200g/7oz farmhouse Cheddar cheese or other hard cheese, grated

50g/2oz butter

Bunch spring onions, sliced

100g/4oz back bacon from outdoor-reared pigs, rind removed and chopped

2 free-range eggs

300ml/1/2 pint buttermilk or natural yogurt

- 1 Preheat the oven to 200°C/400°F/Gas mark 6. Lightly grease or line a 12-hole muffin tray.
- Place the flours in a mixing bowl and stir in the baking powder and grated Cheddar.
- Gently melt the butter in a small pan and add the onions and bacon. Cook gently for 3–4 minutes. Remove from the heat.
- Lightly beat the eggs and beat in the buttermilk or yogurt. Make a well in the centre of the flour mixture and pour in the egg, onion and bacon mixture. Beat until just combined.
- Spoon into the prepared tins. Bake at the top of the oven for 25 minutes until risen and golden.











Farmhouse Cheese Fondue

GROUP EINDONFRINANCE

Fondues have become fashionable again, having first put in an appearance in this country in the 1970s. Originating in the Alps, this has been given the farmer's market twist and is made with good quality English cheese. It tastes just as good.

Ingredients for 2

1 clove garlic 75ml/21/fl oz dry cider 225q/8oz farmhouse Cheddar, grated 1 tsp cornflour 1 tbsp sherry Ground white pepper Pinch grated nutmeg Pinch paprika To serve - day old crusty

bread cut into cubes

can be blended into the melted

almost simmering.

cheese.

Ingredients for 4

1 clove garlic 150ml/¼ pint dry cider 450g/1lb farmhouse Cheddar, grated 1 tbsp corn flour 2 tbsp sherry Ground white pepper Pinch grated nutmeg Pinch paprika To serve - day old crusty bread cut into cubes

1 Rub the inside of a fondue Once the mixture is smooth, blend the I pan or heavy-based saucepan with a cut clove of cornflour and sherry together and add to the pan. Continue garlic. Pour the cider into the pan and heat gently until to cook gently for a further 1-2 minutes, stirring constantly.

Season to taste with the Gradually add the cheese, pepper, nutmeg and stirring constantly as you paprika. Serve at the table over do so. At first the cheese will be a solid mass in the pan with a fondue burner set low. Use bread cubes for dipping. a milky liquid around it. As the cheese warms up, the liquid











Goat Cheese Salad with a Slow-roasted Tomato Dressing

This is a lovely summer salad. The dressing will keep for about a week in the refrigerator.

Slow-roasted Tomato Dressing:

225g/8oz cherry tomatoes, quartered

5 tbsp extra virgin olive oil

1 clove garlic, chopped

2 tbsp balsamic vinegar

Salt and freshly ground black pepper

ingredients for 2

Salad:

2 slices Ciabatta or other continental-style bread

1 tbsp olive oil

½ clove garlic

About 50g/2oz young local goat cheese

40g/1½oz mixed salad

leaves

2 tbsp slow-roasted tomato dressing

ingredients for 4

salad:

4 slices Ciabatta bread or other continental-style bread

2 tbsp olive oil

1 clove garlic, halved

About 100g/4oz young local goat cheese

75g/3oz mixed salad leaves

4 tbsp slow-roasted tomato dressing

To make the dressing, preheat the oven to 170°C/325°F/Gas mark 3. Arrange the tomatoes on a baking sheet. Drizzle with a little of the olive oil. Season with salt and pepper and

scatter the garlic on top. Roast for 25 minutes.

Toss the roasted tomatoes with the remaining oil and balsamic vinegar. Allow to cool.







2 Brush the oil on both sides of the bread slices and toast until just golden. Rub both sides of the bread with the garlic halves and set aside.

Cut the goat cheese into 2 slices (4 slices) and place on top of the toasted bread. Grill until cheese softens and begins to melt.

Place the bread slices onto serving plates and top with the salad leaves.

Spoon the tomato dressing over the top and serve immediately.





Crispy Fried Cheese with a Tangy Raspberry Sauce

Thing Intertaining

Choose a soft cheese with a rind such as a Somerset Brie or a goat cheese. A mozzarellastyle cheese would also work. You need a cheese that is soft in the centre, yet hard enough to cut into chunks that will hold their shape. If in doubt, ask your supplier.

Ingredients for 2

100g/4oz soft rind cheese

- 1 tbsp seasoned flour
- 1 small free-range egg, beaten

About 50g/2oz dry breadcrumbs Oil for deep frying

Raspberry Sauce:

60g/2½oz raspberries

- 1 tbsp redcurrant jelly
- 1 tsp sherry vinegar
- 1/2 tsp cornflour
- 2 tsp water

Salad leaves to garnish

Ingredients for 4

225g/8oz soft rind cheese

- 2 tbsp seasoned flour
- 1 large free-range egg, beaten

About 100g/4oz dry breadcrumbs

Oil for deep frying

Raspberry Sauce:

125g/4½oz raspberries

- 2 tbsp redcurrant jelly
- 2 tsp sherry vinegar 1 tsp cornflour
- i tsp cornilot
- 1 tbsp water
- Salad leaves to garnish



1 Cut the cheese into large, bite-size pieces, and coat in the seasoned flour. Dip into the beaten egg and then coat with the breadcrumbs.









Dust with flour again, dip into the egg and coat with breadcrumbs a second time. Chill for at least 1 hour or until ready to serve.

To make the sauce, place the raspberries, redcurrant jelly and vinegar in a small pan and heat gently until the raspberries soften and the ingredients combine.

Mix the cornflour with the water and stir into the sauce. Cook until the sauce thickens. Transfer to a serving bowl.

When ready to serve, heat the oil to 180°C/350°F/Gas mark 4 and deep-fry the wedges two at a time for about 1 minute until golden and crisp. Drain on kitchen paper and keep warm whilst cooking the rest.

Serve with the sauce and a little salad garnish.









Blue Cheese Soufflés

There is a lot of mystery surrounding soufflés and many people are put off by the myth that they are difficult to make. However, making these individual soufflés is really quite a simple task. Unlike large soufflés, which can look rather sad if they are allowed to sink before serving, individual soufflés still look good even if a little sunken. So there is no need to panic – simply make sure you serve them straight from the oven.

Ingredients for 4

25g/1oz butter 25g/1oz plain flour 150ml/½ pint milk 75g/3oz local blue cheese Pinch cayenne pepper Pinch white pepper 3 free-range eggs, separated



Melt the butter in a small saucepan, stir in the flour and cook for a few seconds.

Remove from the heat and gradually stir in the milk, return to the heat and cook, stirring constantly until the sauce has thickened.

Crumble or grate the cheese into the sauce and stir until the cheese melts.
Season with a little cayenne and white pepper. Do not add any salt, as blue cheeses tend to be quite salty.

Remove from the heat and beat in the egg yolks one at a time.









Whisk the egg whites until standing in soft peaks. Whisk one or two spoonfuls of egg white into the sauce to slacken the mixture, then carefully fold in the remaining egg white. The sauce can be made up a little in advance, but it is important to not whisk the egg whites until just before you are ready to cook the soufflés.

Spoon into the ramekin dishes and place on a baking tray. Bake for 20–25 minutes until risen and golden. Serve immediately



Invipare Awend



Crème Caramel

If you are lucky enough to have a dairy farmer who has Guernsey cows use this milk, as it has a higher fat content than milk from the more common Frisian cow. Guernsey milk gives a creamier, richer flavour to this classic dessert. Whatever you use, I find this a delicious end to a meal. It is difficult to make the caramel in smaller quantities than this, but the desserts will keep a couple of days in the refrigerator.

Ingredients for 4

- 1 vanilla pod
- 450ml/% pint whole milk preferably from Guernsey cows
- 75g/3oz golden granulated sugar
- 3 free-range eggs
- 25g/1oz golden caster sugar





- 1 Split the vanilla pod in half lengthways and scrape out the seeds with the tip of a knife. Place the vanilla pod, seeds and milk in a saucepan and heat until beginning to bubble. Set aside to infuse whilst making the caramel.
- Place the granulated sugar in a small saucepan with 3 tablespoons of water and heat gently, stirring until the sugar dissolves.







Once all the sugar has dissolved, increase the heat and boil until the sugar turns a rich caramel colour. Watch the syrup constantly as it can burn very quickly.

When a rich, golden caramel has been reached, immediately pour a little into the base of 4 warm ramekin dishes

Preheat the oven to 150°C/300°F/Gas mark 2. Beat together the eggs and caster sugar until well combined. Bring back the milk to almost boiling point and remove the vanilla pod. This can be rinsed and used again

or popped into a jar of sugar to make vanilla sugar.

Gradually whisk the hot milk into the eggs and sugar. Strain the mixture through a fine sieve and pour into the ramekin dishes.

Place the ramekin dishes / in a roasting tin and pour boiling water into the tin to come half way up the side of the dishes. Bake for 20 minutes or until set.

Remove from the water and allow to cool. Chill until required. Turn out onto small dishes to serve.







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Coffee Crème Brulées

I always use Fair Trade coffee. Fair Trade is a scheme that has been set up to ensure fair pay to growers and workers in the developing world.

Ingredients for 6

- 450ml/% pint double cream 200ml/7fl oz strong black coffee 8 free-range egg yolks 50g/2oz golden caster sugar 1 tsp cornflour 50g/2oz Demerara sugar
- Preheat the oven to 170°C/325°F/Gas mark 3.
- Place the cream and coffee in a small saucepan and heat gently, stirring until just beginning to simmer. Do not allow to boil
- Whisk the egg yolks with the caster sugar and cornflour, then gradually whisk in the hot cream and coffee mixture.
- Pour into ramekin dishes.

 Place in a roasting tin. Put enough boiling water into the tin to come halfway up the sides of the dishes.

- 5 Bake for 25 minutes or until the cream is just set. Allow to cool then chill completely in the refrigerator.
- Sprinkle the Demerara sugar over the top of each cream and place under a hot grill, or use a blow torch to melt and caramelise the sugar.
- Chill again before serving.



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Mini Pavlovas with Yogurt & Fruit

The choice of berries is up to you, but blueberries and strawberries are packed with the antioxidant vitamin C, vital for a healthy diet.

ingredients for 6

2 egg whites

150g/5oz golden caster sugar

½ tsp vanilla essence

1/4 tsp vinegar

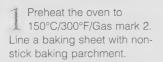
50g/2oz ground toasted hazelnuts

4 tbsp strawberry or raspberry jam

1 tbsp orange flavoured liqueur or water

300g/10%oz thick sheep's yogurt or Greek-style yogurt

Fresh fruit to serve



Whisk the egg whites until stiff. Gradually whisk in the caster sugar. Carefully fold in the vanilla essence, vinegar and hazelnuts.

3 Pile the meringue into six mounds on the baking sheet and spread out with the back of a spoon to make 10-12cm/4-5 inch circles with a slight dip in the centre. Make sure they are not too close together.

Bake in the oven for 45–60 minutes until dry and crisp on the outside. Allow to cool.

5 To serve, carefully transfer to serving plates. Warm the jam with the orange liqueur or water stirring to combine.

Pile the yogurt into the centre of the meringue and arrange some fruit on top.

Drizzle over the jam and serve.













Curd Cheese Tart

Trepare Ahead

This is a cross between a baked egg custard tart and a cheese cake. It is a lovely dessert that can be served on its own or with summer berries. Choose a soft curd or cream cheese with a mild flavour.

Serves 6-8

Pastry:

100g/4oz butter 225g/8oz plain flour 1 tbsp golden caster sugar About 1–2 tbsp cold water to mix

Filling:

350g/12oz curd or cream cheese 3 free-range eggs, separated 75g/3oz golden caster sugar 1 tsp vanilla essence 75g/3oz sultanas (optional) Freshly grated nutmeg



To make the pastry case, cut the butter into cubes and rub into the flour until the mixture resembles fine breadcrumbs. Stir in the sugar, and add enough cold water to mix to a soft dough.

Roll out the pastry and use to line a 23cm/9 inch flan or cake tin about 3–5cm /1½–2cm deep. Prick the base with a fork and chill for 20 minutes.

Preheat the oven to 200°C/400°F/Gas mark 6.

4 Line the pastry case with greaseproof paper and fill with baking beans and bake

for 10 minutes. Remove the paper and beans and bake for 10 minutes. Reduce the oven temperature to 180°C/350°F/

5 To make the filling, beat together the cheese, egg yolks, sugar and vanilla essence until well combined. Stir in the sultanas if using.

6 Whisk the egg whites and fold into the cheese mixture. Pour into the pastry case and generously sprinkle with nutmeg.

Bake for 35 to 45 minutes or until the filling is just set. Cool before serving.







Lemon Yogurt Cake

Family Favourite

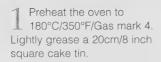
Using the best-quality dairy products makes this family cake taste just fantastic. It has a dense, moist texture.

ingredients for 16 pieces

- 100g/4oz butter
- 100g/4oz golden caster sugar
- 2 free-range egg
- 150g/5oz cow's, sheep's or goat's milk natural yogurt
- Grated zest and juice of 1 unwaxed lemon
- 300g/10½oz plain flour
- 1 tsp bicarbonate of soda

Topping:

- 50g/2oz Demerara sugar
- 2 tbsp lemon juice



- Beat together the butter and caster sugar until light and fluffy.
- Gradually beat in the eggs.

 Beat in the yogurt, lemon iuice and zest.
- Sift together the flour and bicarbonate of soda and gently fold in.

- Pour into the prepared tin and bake for 45 minutes or until springy to the touch and beginning to pull away from the edge of the pan.
- To make the topping, stir the Demerara sugar and lemon juice together and spoon over the cake whilst still hot.
- Allow to cool slightly before / turning out onto a wire rack to cool completely. Serve cut into squares.









Buttermilk Scones

Family Favourite

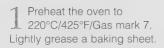
These are just the thing for a classic cream tea. Serve these 'light as a feather' scones with clotted cream and strawberry jam, bought from your local farmer's market of course.

Ingredients for about 12

350g/12oz self-raising flour 75g/3oz butter, cut into small cubes 2 tbsp golden caster sugar About 175-200ml/6-7fl oz buttermilk Beaten egg or milk to glaze

To serve:

Clotted cream Strawberry or other good fruit jam



Sift the flour into a bowl and rub in the butter with your fingertips. Stir in the sugar.

Mix in enough buttermilk to form a soft dough.

Turn out onto a floured work surface and lightly knead. Roll out the dough until about 2.5cm/1 inch thick. Cut out the scones with a 7cm/ 3 inch round cookie cutter.

Re-roll any trimmings and cut out more scones. Place on a lightly greased baking sheet. Brush the tops with beaten egg or milk to glaze.

Bake for 18-20 minutes until golden. Cool on a wire rack.

Serve split in half and filled with clotted cream and iam.















Sparkling Summer Fruit Jelly

FOR EXCEPTION NO

The sparkling wine gives this dessert a very special kick. The bubbles really do seem to get trapped in the jelly. You can vary the fruits according to what is available.

Ingredients for 6-8

350g/12oz strawberries

100g/4oz redcurrants or blackcurrants

225g/8oz raspberries

150g/5oz packet of strawberry or raspberry jelly

About 300ml/½ pint sparkling white or rosé wine

Hull the strawberries and halve or quarter if large. Strip the currants from their stalks, rinse the fruit and drain well. Place in a 1.2 litre/2 pint jelly mould, bowl or 900g/2lb loaf tin.

Break the jelly into cubes and dissolve in 150ml/½ pint boiling water. Make the jelly up to 600ml/1 pint with the sparkling wine.

Pour the jelly over the fruit and chill in the refrigerator for at least 4 hours, or until set

To serve, dip the tin into hot water briefly for a few seconds, making sure that no water gets onto the jelly. Turn out onto a plate, giving the jelly mould a good shake until it drops out. If required, you can dip it in hot water again – but not for too long or the jelly will melt.











Strawberries with Lavender Shortcakes

Busy Entertaining

The lavender gives these biscuits an unusual flavour which complements the strawberries perfectly. You could try chopped rosemary instead.

ingredients for 6

100g/4oz butter, softened 50g/2oz golden caster sugar Few sprigs of fresh or dried lavender 1 free-range egg volk

150g/5oz plain flour

350g/12oz strawberries

- 1 tbsp raspberry- or orange-flavoured liqueur (optional)
- Preheat the oven to 190°C 1 /375°F/Gas mark 5. Lightly grease two baking sheets.
- Beat the butter and sugar L together until light and
- Remove the lavender flowers from the stems and beat in with the egg yolk.
- Add the flour and mix to a soft dough. Roll out the dough on a lightly floured surface to 3mm/%in thick. Stamp out twelve 7.5cm/3 inch rounds with a cookie cutter.
- Transfer to the baking sheets and bake for 8-10 minutes until golden. Allow to cool for a few minutes before

transferring to a wire rack to cool completely.

- Wash and hull the strawberries. Slice twothirds of the strawberries and place in a mixing bowl. Purée the remaining strawberries with the liqueur (if using), and push through a sieve to remove the seeds. Stir the puree into the strawberry slices.
- Place one biscuit on a plate and top with % of the strawberry mixture. Top with another biscuit
- Repeat with the remaining O biscuits and strawberries. Any remaining strawberry purée can be drizzled onto the plate for decoration.







Raspberry Cassis Sorbet

Freezer Friendly

An easy-to-make sorbet with a fabulous flavour. The lavender biscuits (see page 193) can also be served with this dessert. Adding the alcohol to the sorbet mixture stops the sorbet from freezing too hard.

Ingredients for 4

250q/9oz raspberries 75ml/2%fl oz water 75g/3oz golden caster sugar ½ tsp lemon juice 3 tbsp crème de cassis (blackcurrant liqueur)

Ingredients for 8

500g/1lb 2oz raspberries 150ml/¼ pint water 175g/6oz golden caster sugar 1 tsp lemon juice 100ml/31/sfl oz crème de cassis (blackcurrant liqueur)



Place the raspberries in a saucepan with the sugar and 4 tablespoons of water. Cook gently for 3-4 minutes.

 Purée in a food processor, then push through a nylon sieve to remove the seeds.

Stir the lemon juice and cassis into the purée and pour into a shallow freezerproof container.

Freeze until slushy – about 2–4 hours. Using a fork,

beat the sorbet to break-up the ice crystals. Return to the freezer and freeze until firm.

Remove from the freezer about 15 minutes before serving. Serve scooped into chilled glasses.











Old-fashioned Trifle

Finally Figuretis

Trifles of my childhood consisted of layers of fruit jelly and firm blancmange and whilst I loved them at the time. I was yet to be introduced to the softer, fruitier, old fashioned trifles which Ladore

Ingredients for 6

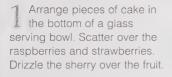
- 100g/4oz slightly stale Madeira cake
- 150g/5oz raspberries
- 150g/5oz strawberries
- 2-3 tbsp sherry

Custard:

- 450ml/% pint milk
- 1 tbsp cornflour
- 1-2 tbsp golden caster sugar
- 3 free-range egg yolks
- 1 free-range egg
- 1 tsp vanilla essence

Topping:

- 300ml/½ pint double cream
- 1 tbsp flaked almonds. lightly toasted
- 2 tbsp seedless raspberry iam



2 To make the custard, mix a little of the milk with cornflour and sugar to form a smooth paste in a heat-proof mixing bowl.

Add the egg yolks, whole egg and vanilla essence and whisk until smooth.

Heat the remaining milk until almost boiling. Gradually whisk into the egg mixture. Place the bowl over a pan of gently simmering water and cook, stirring constantly until the custard thickens.

Remove from the heat. Cover with a sheet of dampened greaseproof paper and allow to cool.

When the custard is cold, pour over the fruit. Lightly whip the double cream and carefully spread over the custard. Sprinkle the nuts on top. Warm the jam, thin with a little water if required, and drizzle over the top. Chill the trifle until served









Berries 'n' Cream

Frepare Ahead

You can use different fruits in this dish. Pitted cherries or sliced plums are ideal. These puddings can be made one or two days ahead if required.

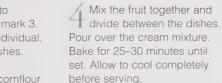
Ingredients for 2-3

- 1 tbsp milk
- 2 tsp cornflour
- 2 free-range eggs
- 25g/1oz golden caster sugar
- 150ml/¼ pint double cream
- ½ tsp vanilla essence
- ¼ tsp rosemary, chopped
- 100g/4oz strawberries, hulled
- 50g/2oz blackberries or
- raspberries 75g/3oz blackcurrants or

redcurrants

Ingredients for 4-6

- 2 tbsp milk
- 4 tsp cornflour
- 4 free-range eggs
- 50g/2oz golden caster sugar
- 300ml/½ pint double cream
- 1 tsp vanilla essence
- ½ tsp rosemary, chopped
- 225g/8oz strawberries, hulled
- 100g/4oz blackberries or raspberries
- 75g/3oz blackcurrants
- 75g/3oz redcurrants









Preheat the oven to 170°C/325°F/Gas mark 3. Lightly grease 3 (6) individual, shallow, ovenproof dishes.

2 Mix the milk and cornflour to form a smooth paste.

Place the eggs, sugar, cream, vanilla essence and rosemary in a large mixing bowl and whisk until combined. Whisk in the cornflour mixture.



Blackcurrant Cheesecake

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Serves 8

225g/8oz oat biscuits 75g/3oz butter 350g/12oz full-fat or medium-fat cream cheese 100g/4oz golden caster sugar 225g/8oz Greek-style or wholemilk vogurt 300ml/½ pint double cream 1 tsp vanilla essence 1 tbsp gelatine

Topping:

250g/9oz blackcurrants 25g/1oz golden caster sugar 2 tsp arrowroot

Place the biscuits in a I plastic bag and crush with a rolling pin.

Melt the butter and stir in L the biscuits. Press into the base of a 23cm/9 inch loosebottom or springform cake tin.

Beat together the cream cheese and sugar until well combined, then beat in the yogurt. Whip the cream into soft peaks and fold it into the cream cheese mixture with the vanilla essence.

Sprinkle the gelatine over 3 tablespoons of water and leave until spongy. Place in a pan of hot water or in a microwave for about 15

seconds and stir until dissolved. Fold into the cheese mixture.

Pour into the prepared tin and chill until set.

To make the topping, mix together the blackcurrants, sugar and arrowroot with 2 tablespoons of water in a small saucepan and heat gently. stirring until the sugar dissolves and the mixture thickens. Allow to cool covered with dampened non-stick baking parchment.

Carefully remove the cheesecake from the tin and spread the blackcurrant mixture over the top.







Blackberry & Apple Crumble

Family Favourite

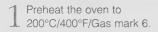
I couldn't leave out a recipe for one of my favourite autumn puddings. I grew up in the country and the fruit for this dessert came from our garden. Now I live in town, the fruit comes from the farmer's market, but the flavour is just as good and I look forward to the first crumble of the autumn.

ingredients for 4-6

500g/1lb 2oz cooking apples, peeled, cored and thickly sliced 350g/12oz blackberries 50g/ 2oz golden caster sugar

For the topping:

90q/3½oz butter, cut into cubes 150g/5oz plain flour 50g/2oz rolled oats 4 tbsp Demerara sugar



Layer the apples and blackberries in a shallow pie dish, sprinkling each layer with caster sugar.

To make the topping, rub the butter into the flour until the mixture resembles coarse breadcrumbs.



Sprinkle the topping over the fruit and bake for 35-40 minutes or until the top is crisp and golden.











To the same of the

Blackberry Muffins

These not-too-sweet cakes are best served warm on the day they are made. They make a great breakfast treat.

Ingredients for about 12

400g/14oz plain flour

1 tsp bicarbonate of soda

1 tsp ground cinnamon

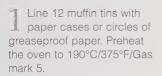
175g/6oz golden caster sugar

3 free-range eggs

300ml/½ pint wholemilk natural yogurt

75q/3oz butter, melted

250g/9oz blackberries



Place the flour, bicarbonate of soda, cinnamon and sugar in a large mixing bowl and stir to mix well.

Beat together the eggs, yogurt and butter until well combined.

4 Stir into the flour mixture until just blended.

5 Finally, carefully stir in the blackberries and spoon into the paper cups, filling almost to the top.

Bake at 190°C/375°F/Gas mark 5 for 30–35 minutes until a skewer inserted into the centre comes out clean. Cool in the tin for 5 minutes.







Rhubarb Smoothie

FIRMLLY FOVORMETS

I make this with a full fat sheep's yogurt or buffalo yogurt which I buy at my local farmer's market. The buffalo yogurt has a really rich, smooth, creamy flavour that I find irresistible.

Ingredients for 2

1 tbsp wheatgerm 125g/4½oz rhubarb, trimmed and cut into short lengths 1-2 tbsp honey 250ml/9fl oz full-fat buffalo, sheep's or cow's milk

yogurt

Ingredients for 4

2 tbsp wheatgerm 250g/9oz rhubarb, trimmed and cut into short lengths 3-4 tbsp honey 500ml/18fl oz full-fat buffalo, sheep's or cow's milk yogurt



- 1 Place the wheatgerm in a over a low heat, stirring, until lightly toasted. You will need to take great care as it can burn very quickly.
- Meanwhile, place the rhubarb in a small saucepan with 2 (4) tablespoons of water and the honey and cook covered for 5-10 minutes until tender. Allow to cool.
- 2 Place the rhubarb, yogurt and wheatgerm in a food processor or liquidizer and blend until frothy.
- Pour into glasses filled with plenty of ice to serve.







Rhubarb Rice Custards

Fresh, tender shoots of rhubarb first appear in spring. Later they are thicker, but still have a great flavour. Rhubarb is delicious used in crumbles and of course combines well with custard. Here, rhubarb and custard has been given a very modern twist.

ingredients for 2

225q/8oz rhubarb, cut into 2.5cm/1 inch lengths 1 tbsp orange juice 50g/2oz golden caster sugar

- 100g/4oz cooked rice
- 1 free-range egg 225ml/8fl oz milk

Ingredients for 4

450g/1lb rhubarb, cut into 2.5cm/1 inch lengths 2 tbsp orange juice 100g/4oz golden caster sugar 200g/7oz cooked rice 2 free-range eggs

450ml/% pint milk



1 Place the rhubarb in a 1 small pan with the orange juice and 2 tablespoons (4 tablespoons) of the sugar. Cover and cook over a low heat for 5-10 minutes until just soft. Spoon into individual ovenproof dishes.

Preheat the oven to 170°C/325°F/Gas mark 3. Divide the rice between the dishes.

Place the eggs in a mixing bowl and whisk in the remaining sugar, until dissolved.

Stir in the milk and pour

Place the dishes in a roasting tin. Bring a kettle of water to the boil and pour the water into the roasting tin until it reaches halfway up the dishes.

Bake for 30-40 minutes until just set. Serve hot or cold.











Gooseberry Pudding

Finally Proportie

This is a variation on Eve's Pudding which is made with apples. I like the contrast of the sharp gooseberries and the sweet sponge pudding. Serve it hot with custard, or cold with cream.

Ingredients for 2

175g/6oz gooseberries
1 tbsp Demerara sugar
50g/2oz golden caster sugar
50g/2oz butter
½ tsp vanilla essence
1 free-range egg, lightly
beaten
50g/2oz self-raising flour

ingredients for 4

350g/12oz gooseberries
2 tbsp Demerara sugar
100g/4oz golden caster sugar
100g/4oz butter
½ tsp vanilla essence
2 free-range eggs, lightly
beaten
100g/4oz self-raising flour



Preheat the oven to 180°C/350°F/Gas mark 4. Snip the flower and stalk ends off the gooseberries with scissors and wash. Drain well. Place in the bottom of a shallow, lightly buttered baking dish. Sprinkle with the Demerara sugar.

Beat the caster sugar and butter together until light and fluffy and beat in the vanilla essence.

Gradually add the eggs, beating well after each addition. Fold in the flour.

Spoon over the fruit and spread until level. Bake in the oven for 25–30 (35–40) minutes until risen and golden. A skewer inserted into the centre of the sponge should come out clean.

5 Allow to stand for 10–15 minutes before serving.





Poached Pears

Low Fat

If the pears you buy are a good shape, you can poach them whole. Simply extend the cooking time a little. As pears from the market can vary in shape, I prefer to cut them in half to poach. This recipe can also be made using cider in place of the red wine and port.

Ingredients for 3:

75ml/21/fl oz red wine 75ml/21/fl oz port 50g/2oz golden caster sugar 1 tsp lemon juice 1 cinnamon stick

Pinch grated nutmeg Pinch ground cloves

3 firm pears

Whipped cream to serve

ingredients for 6:

150ml/½ pint red wine 150ml/¼ pint port 100g/4oz golden caster sugar 1 tbsp lemon juice 1 cinnamon stick 1/4 tsp grated nutmeg

Pinch ground cloves

6 firm pears

Whipped cream to serve



1 Place the wine, port, sugar, a saucepan and heat gently, stirring until the sugar dissolves.

Peel the pears and cut in half. Scoop out the core with a teaspoon. Place in the liquid in the pan.

2 Cover and simmer gently for 20 minutes, or until the pears are tender. Spoon the svrup over the pears a few times during cooking.

Remove the pears with a draining spoon, and set aside. Remove the cinnamon stick and discard.

Return the pan to the heat and reduce the liquid until syrupy by boiling rapidly.

Pour over the pears. Serve hot, or cool and chill in the refrigerator, spooning the syrup over the pears from time to time.

Serve the pears with whipped cream.











Cherry Sauce

Prepara Ahead

Cherries are some of my favourite fruits, perhaps because they are one of the few fruits that are still very seasonal. They can be used in both sweet and savoury recipes. This sauce is delicious served over a good-quality vanilla ice cream. You may even be lucky enough to buy the ice cream from a farmer's market. The sugar can be cut by half and two tablespoons of red wine vinegar can replace the rum or brandy to make a savoury sauce that is good with duck or venison.

ingredients for 4

250g/9oz cherries 50g/2oz golden caster sugar Grated zest and juice of ½ unwaxed lemon 1 tsp arrowroot 2 tbsp rum or brandy

Ingredients for 8

500g/1!b 2oz cherries 100g/4oz golden caster sugar Grated zest and juice of 1 unwaxed lemon 1 tbsp arrowroot

4 tbsp rum or brandy



Pit the cherries and place in a saucepan with the sugar, lemon zest and juice.

2 Cook gently, stirring until the sugar dissolves and the cherries are tender, for about 10 minutes.

Mix the arrowroot with the rum or brandy and stir into the cherries.

Cook, stirring constantly until the sauce thickens. Serve as required. If serving cold, cover with a sheet of dampened greaseproof paper to prevent a skin forming.

5 The sauce will keep for 2–3 days in the refrigerator.







ruit

Cherry Cream Pie

BRISH ENLISHBURING

A humble cherry pie turns into a spectacular dessert with the addition of cream and rum during the cooking. Apples or pears could also be used as a filling, with the addition of cream and brandy.

ingredients for 4-6

Pastry:

175g/6oz plain flour 75g/3oz butter, cut into cubes 2 tbsp golden caster sugar, plus extra to dust 1–2 tbsp cold water Milk to glaze

Filling:

900g/2lb cherries, stoned 50g/2oz light muscovado sugar 100ml/3½fl oz double cream 3 tbsp rum



To make the pastry, sift the flour into a bowl. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the sugar and add enough water to mix to a soft dough.

Layer the cherries and sugar in a pie dish. Roll out the pastry until about 5cm/2 inch wider than the pie dish. Cut a strip from around the pastry. Dampen the rim of the pie dish and press the strip of pastry onto the rim.

Dampen the strip and cover the dish with the remaining pastry. Trim and pinch the edges of the pastry to seal. Carefully remove a 5cm/2 inch circle of pastry from the centre of the pie. Chill for 20 minutes.

Preheat the oven to 200°C/400°F/Gas mark 6. Brush the pastry with a little milk and sprinkle with a little caster sugar. Bake for 20–25 minutes or until the pastry is pale golden.



5 Place the cream and rum in a small saucepan and heat gently until the cream begins to bubble around the edges of the pan. Do not allow to boil.

6 Carefully pour the cream mixture into the pie through the hole in the pastry.

Return to the oven and bake for a further 10 minutes until the pastry is crisp and golden.



Apple, Pear & Mincemeat Strudel

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Indredients for 2:

- 1 medium cooking apple 2 firm pears 50g/2oz butter 8 thsp mincemeat Icing sugar to dust About 200g/7oz filo pastry
- Brandy Butter:
- 100g/4oz butter, softened 50g/2oz light muscovado sugar 50g/2oz icing sugar 4 tbsp brandy
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Plum and Coconut Tart

Prezer Priendly

With the odd exception, the plums that you can buy in the supermarkets all year round tend to be tasteless compared to our own English plums, which are available in early autumn. They are one of my favourite fruits, and all the more special for their seasonal availability. My fruit bowl is always piled high with them when they are in season. But they also make fabulous pies and tarts, and this one is no exception.

Serves 6-8

225g/8oz plain flour 100g/4oz butter or sunflower margarine A little cold water

Topping:

450q/1lb Plums

Filling:

100g/4oz butter, softened 100g/4oz light muscovado sugar

2 free-range eggs, lightly beaten

50g/2oz self-raising flour 75g/3oz desiccated coconut



Place the flour into a bowl, cut the butter into small chunks and rub in with your fingertips until the mixture resembles fine breadcrumbs. Add enough water to mix to a firm dough.

Roll out the pastry and use to line a 23cm/9 inch flan dish or tin. Prick the base all over and chill for 15 minutes.

Preheat the oven to 200°C/400°F/Gas mark 6. Line the pastry case with baking parchment or greaseproof paper and fill with baking beans.

Bake blind for 10 minutes, remove beans and paper and bake for 10 minutes.

Reduce the oven temperature to 180°C/350°F/Gas mark 4.

5 To make the filling, beat together the butter and sugar until light and fluffy. Gradually beat in the eggs. Stir in the flour and coconut.

Cut the plums in half and remove the stones. Spoon the coconut mixture into the pastry case and level the top.

Arrange the plum halves cut-side down on top.

Bake in the centre of the oven for 30–40 minutes until the coconut mixture is risen and golden.

Allow to cool before cutting into wedges to serve.







Plum Tarte Tatin

If you prefer, you can make your own sweet shortcrust pastry. Apples and pears can also be used to make this tarte tatin. You will need to use a frying pan with an ovenproof handle. If you do not have one, transfer the plums and syrup to a 20cm/8 inch cake tin (not loose-bottomed) before covering with pastry.

Ingredients for 4-6

225g/8oz ready-made puff pastry 50a/2oz butter 100g/4oz light muscovado sugar 500g/1lb 2oz firm plums, halved and stoned

- Preheat the oven to 200°C/400°F/Gas mark 6.
- Melt the butter and sugar in a heavy-based 20cm/ 8 inch frying pan and cook, stirring until the sugar dissolves. Allow to cook gently for 1-2 minutes until the sugar has turned a slightly darker, aolden colour.
- 2 Add the plums and cook for about 6 minutes, stirring gently until soft. Turn the plums in the pan so that they are arranged cut-side up. Allow to cool slightly.

- A Roll out the pastry to form a 23cm/9 inch circle. Place the pastry over the plums, tucking the edges down into the pan. Take care as the pan may still be hot.
- Bake for 20-25 minutes until the pastry is crisp and golden.
- 6 Allow to stand for 5 minutes before turning out onto a large plate to serve.



Essy Finishmetric





Greengage Jam

Frepare Alibad

Greengages are small green plums named after Sir William Gage who brought them back from France in the 18th century. They make fabulous jam which has a good set. They can also be poached or used to make pies, as well as being delicious eaten raw. Look out for them around September as their season is quite short.

Ingredients for approx 2kg/4lb:

- 1.35kg/3lb greengages 300ml/½ pint water
- 1.35kg/3lb jam sugar
- Wash the greengages, 1 halve, and remove the stones
- Put the fruit into a large apan, with the water and simmer gently for 20 minutes until beginning to soften.
- 2 Stir in the sugar and cook over a very low heat, stirring frequently until the sugar has dissolved.
- Increase the heat and boil the jam until setting point has been reached (about 10 minutes).
- Test for setting point by placing a small amount of the jam on a cold plate and allowing it to cool. Push gently with your finger. The surface of the jam will crinkle if setting point has been reached. Do not continue to cook the jam whilst testing for setting. If the setting point has not been reached, return to the heat and boil for a few more minutes before testing again.
- Conce setting point has been reached, pour into sterilised jars, label and seal.







Cook's Note

To sterilise jars, wash them well in hot, soapy water and rinse out. Place the wet jars on a baking tray and place in the oven at 150°C/300°F/Gas mark 2 for 10 minutes. Fill the jars whilst still hot to the top and cover with a disc of waxed paper, waxed side down, making sure it is flat on the surface. Seal the jars and allow to cool.



Spiced Quince

Frepare Ahead

Perhaps one of the nicest things about shopping in a farmer's market, is that you get to see things that just do not appear in retail shops. Quince is one such fruit. It is a rather neglected fruit, with a distinct flavour that can be used in both sweet and savoury dishes. This spiced guince goes well with meats, especially pork.

Ingredients for 2

- 1 quince
- 1 clove
- 1/4 tsp coriander seeds
- 1/4 tsp cumin seeds
- 4 tbsp water
- 1 tbsp golden caster sugar
- ½ tsp white wine vinegar
- 15g/½oz butter

ingredients for 4

- 2 quinces
- 2 cloves
- ½ tsp coriander seeds
- ½ tsp cumin seeds
- 100ml/31/fl oz water
- 2 tbsp golden caster sugar
- 1 tsp white wine vinegar
- 25g/1oz butter



- Peel, core and thickly slice the quince.
- Place the spices in a small apan over a low heat and gently dry fry until they begin to pop and the aromas are released.
- 2 Pour in the water. Take care, as the pan will be hot and it may splatter. Stir in the sugar, and vinegar and bring to a gently simmer.
- Add the quince, cover and cook gently for 15 minutes, until the quince is tender.

- Remove from the heat and stir in the butter. Allow to
- Serve with cold, cooked meats or roast pork as a tasty alternative to apple sauce. Store in the refrigerator for up to 4 days.









Quince & Apple Chutney

Prepare Alterd

This is a fabulous chutney served with cheese or cold meats. Store in the refrigerator or in a cool, dark place to maximise its keeping qualities.

ingredients for 1.3-1.8kg/3-4lb

700g/1½lb quince

450g/1lb cooking apples

225g/8oz onion, chopped

4 sticks celery, chopped

350g/12oz firm tomatoes, chopped (under-ripe tomatoes are fine)

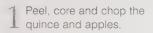
175g/6oz raisins

75ml/21/fl oz water

450g/1lb unrefined Demerara sugar

1 tbsp caraway seeds

600ml/1 pint white wine vinegar



Place the quince, apple, onion, celery, tomatoes and raisins in a large pan with the water and cook gently for 20–30 minutes until the fruit and vegetables are very soft.

Add the sugar and vinegar and cook. Stir until the sugar dissolves. Continue to cook, stirring occasionally, until

the chutney is very thick (about 2 hours). Use a long-handled wooden spoon to stir the chutney as it tends to splatter when stirred. The mixture is very hot, so it is a good idea to protect your hands with a tea towel or oven gloves to do this.

Allow to cool slightly. Pour into sterilised jars, seal and label.







Cook's Note

To sterilise jars, wash them well in hot, soapy water and rinse out. Place the wet jars on a baking tray and put in the oven at 150°C/300°F/Gas mark 2 for 10 minutes. Fill the jars whilst still hot to the top and cover with a disc of waxed paper, waxed side down, making sure it is flat on the surface. Seal jars and allow to cool.

Crunchy Smoked Mackerel Salad

Cauck and Easy

Being an island nation, many farmer's markets have fish stalls where you can buy fish that has been caught locally. Some have stalls that sell locally smoked fish.

ingredients for 2

25g/1oz rocket or mixed salad leaves

- 1 small red or green local dessert apple
- 2 sticks celery, sliced
- 175g/6oz smoked mackerel or peppered smoked mackerel
- 1 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- ½ tsp wholegrain mustard
- Salt and freshly ground black pepper

ingredients for 4

50q/2oz rocket or mixed salad leaves

- 1 red or green local dessert apple
- 4 sticks celery, sliced
- 350g/12oz smoked mackerel or peppered smoked mackerel
- 2 tbsp lemon juice
- 4 tbsp extra virgin olive oil
- 1 tsp wholegrain mustard
- Salt and freshly ground black pepper

Arrange the salad leaves ↓ on serving plates. Peel, core and thickly slice the apple. Arrange on the salad leaves with the celery.

Tlake the smoked mackerel into pieces and arrange on the salad.

Whisk together the lemon juice, oil, mustard and seasoning with a fork and drizzle over the salad. Serve immediately.













Blue Cheese, Pear & Walnut Salad

Eddin Entertainment

The flavours and textures combine well in this fabulous salad. Use a blue cheese that is local to you. In some areas, you may even find walnuts at your local farmer's market.

ingredients for 2

- 1 pear, peeled cored and sliced
- Little lemon juice 25g/1oz watercress or rocket
- 2 tomatoes, seeded and chopped
- 1 tbsp sherry vinegar

leaves

- 2 tbsp extra virgin olive oil Handful of flat-leaf parsiev leaves, chopped
- 75q/3oz Stilton or a local blue cheese, sliced or crumbled
- 25q/1oz walnuts, coarsely chopped

Ingredients for 4

- 2 pears, peeled, cored and sliced
- Little lemon juice
- 50g/2oz watercress or rocket
- 3 tomatoes, seeded and chopped
- 2 tbsp sherry vinegar
- 4 tbsp extra virgin olive oil
- Handful flat-leaf parsley leaves, chopped
- 175g/6oz Stilton or a local blue cheese, sliced or crumbled
- 50g/2oz walnuts, coarsely chopped

Toss the pear in the lemon 1 juice and arrange on four individual plates. Divide the leaves into four and pile on top of the pear.

Place the tomato in a bowle and toss with the vinegar, oil and parsley. Season with a little pepper.

Arrange the cheese and nuts on the plate and spoon over the tomato mixture.











Herby Scrambled Eggs

assion and sasy

Farmer's markets are a great place to get your free-range or organic eggs, which are often cheaper than in the shops. You can also talk to your supplier to find out if they truly are free-range eggs. Sadly, there is a big difference in the degree of free range allowed and some chickens are not as free as the label may suggest.

Ingredients for 2

- 4 free-range eggs
- 3 tbsp milk or cream
- 15g/½oz butter
- 3 tbsp soft-leaf fresh herbs e.g. parsley, basil, chervil, sage, chopped
- 40g/1½oz hard cheese, grated
- Salt and freshly ground black pepper Buttered toast to serve

Ingredients for 4

- 8 free-range eggs
- 6 tbsp milk or cream 25g/1oz butter
- 6 tbsp soft-leaf fresh herbs
- e.g. parsley, basil, chervil, sage, chopped
- 75g/3oz hard cheese, grated Salt and freshly ground
- black pepper
- Buttered toast to serve
- Place the eggs in a mixing bowl with the milk and seasoning and whisk until well combined.
- Heat the butter in a heavy-based saucepan or frying pan over a medium heat and pour in the eggs.
- 3 Using a wooden spoon or fork, stir the egg mixture continuously as it cooks.

 Continue to cook until most, but not all of the egg has set.
- Remove from the heat and stir in the herbs and cheese. Continue to stir for a further minute or two as the eggs continue to cook in the residue heat of the pan.
- Serve on buttered toast.













Quails' Eggs with Tarragon Mayonnaise

This makes an elegant starter or light supper dish. The mayonnaise will keep in the refrigerator for up to one week. The rapeseed oil has a mild flavour and will give a strong yellow colour. Groundnut oil also has a mild flavour, but will give a paler mayonnaise.

Mayonnaise:

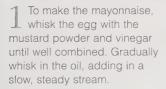
- 1 free-range egg
- ½ tsp mustard powder
- 2 tsp tarragon vinegar
- 200ml/7fl oz extra virgin rapeseed or groundnut oil
- 1 tsp chopped fresh tarragon Salt and white pepper

Ingredients for 2

6 free-range quails' eggs 25g/1oz rocket, watercress or mixed green salad leaves Brown bread to serve

ingredients for 4

12 free-range quails' eggs 50g/2oz rocket, watercress or mixed green salad leaves Brown bread to serve



2 Stir in the tarragon and season with salt and pepper. Chill until required.

Bring a pan of water to the boil. Carefully lower in the eggs and boil for 3 minutes. Drain gently, tap the shells and run under cold water for a few minutes to cool.

To shell the eggs, roll the eggs on a board until the shell has cracked all over. Then carefully pull away the shell.

5 Pile the salad leaves onto plates and arrange eggs, whole or halved, on the plates.

Spoon over a little mayonnaise and serve the rest separately.

7 Serve with thin slices of brown bread.



TE TRIVING







Honey Mustard Dressing & Honey Mustard Glaze

Quick and Fasy

I am lucky enough to have a supplier of both hand-made mustards and honey at my local farmer's market. Both of these two ingredients are popular flavours in my kitchen. Here, they are combined to form a versatile salad dressing and a great glaze for meat or poultry.



Honey Mustard Salad Dressing:

ingredients for 2

- 1 tbsp clear honey
- 1 tbsp whole grain mustard
- 2 tbsp olive oil
- 1 tbsp white wine vinegar
- Salt and freshly ground black pepper

ingredients for 4

- 2 tbsp clear honey
- 2 tbsp whole grain mustard
- 4 tbsp olive oil
- 2 tbsp white wine vinegar
- Salt and freshly ground black pepper



- Mix all the ingredients together with a fork until well combined.
- Pour over a green or mixed salad and toss to coat.





Honey Mustard Glaze:

ingredients for 2

- 1 tbsp clear honey
- 1-2 tsp wholegrain mustard
- 1 tsp olive oil

Ingredients for 4

- 2 tbsp clear honey
- 1 tbsp wholegrain mustard
- 2 tsp olive oil





- Mix all the ingredients together with a fork until well combined.
- 2 Use to glaze pork, lamb chops or chicken portions before grilling or baking.







Apple Jelly Layer

Some apple growers have diversified into producing cider or apple juice. These apple juices are in a different league to the juices you will find at the supermarket. Often sold as single apple-variety juices, each has its own distinct characteristic. It is great fun experimenting with the different juices to find your favourite.

Ingredients serve 8-10

Apple Jelly Layer:

450ml/% pint single-variety
English apple juice
1 tbsp gelatine
1 small eating apple

Milk Jelly Layer:

1 medium cooking apple 50g/2oz golden caster sugar 150ml/¼ pint single-variety English apple juice 300ml/½ pint full-fat milk 1 tbsp gelatine



To make the apple jelly layer, sprinkle the gelatine over 2 tablespoons of cold water and leave to go spongy. Place in a pan of hot water and stir until dissolved. Stir into the apple juice and pour a thin layer into the base of a 900g/2lb loaf tin.

Core and slice the apple and arrange in the bottom of the tin. Chill in the refrigerator until set. Keep the remaining apple jelly in a warm room so that it doesn't set.

When the layer of jelly in the tin has set, slowly and carefully pour the remaining apple juice mixture over the top and chill until set. To make the milk jelly, layer, peel, core and chop the cooking apple, place in a saucepan with the sugar and remaining apple juice and cook until very soft. Blend in a food processor until smooth.

5 Add the milk and blend.

Sprinkle the gelatine over 3 tablespoons of water and leave to go spongy. Place in a pan of hot water and stir until dissolved. Add to the apple mixture and blend once more.

Pour the milk jelly into the tin and allow to set. To serve, dip the tin into hot water briefly, making sure that no water gets onto the jelly. Turn out onto a plate.







Gooseberry & Elderflower Fool

Ensy Entertmining

Some farmer's markets have stalls selling fruit cordials and wines. Elderflower cordial is one of my favourites. It can be used to add flavour to fruit salads, fools and of course, makes a delicious drink in its own right.

ingredients for 2

250g/9oz gooseberries 25g/1oz golden caster sugar 2 tbsp water 2 tbsp elderflower cordial 150ml/½ pint double cream 125g/4½oz Greek-style or wholemilk natural yogurt

Snip the flower and stalk ends off the gooseberries with scissors and wash. Place the gooseberries, sugar and water in a small saucepan and cook gently for 10–15 minutes until the gooseberries are tender.

Allow to cool and push through a nylon sieve.

Stir the elderflower cordial into the gooseberry purée.

ingredients for 4

500g/1lb 2oz gooseberries 50g/2oz golden caster sugar 4 tbsp water 4 tbsp elderflower cordial 300ml/½ pint double cream 250g/9oz Greek-style or wholemilk natural yogurt

4 Whip the cream until standing in soft peaks. Fold in the yogurt until combined.

Gently fold in the fruit purée and spoon into individual dishes. Chill before serving.













Jam Tarts

Family Formite

Little tarts made with an almond-flavoured pastry and filled with home-made jams are a delight, much nicer than bought jam tarts which tend to be too sweet. If you do not have time to make your own jams and preserves, buying them from your farmer's market is the next best thing.

Ingredients for 12

100g/4oz plain flour 50g/2oz ground almonds 75g/3oz butter, cut into small cubes

1 free-range egg yolk

A little water to mix

A selection of home-made jams of your choice, you will need approximately 100g/4oz of jam



Sift the flour into a mixing bowl and stir in the ground almonds.

Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.

Add the egg yolk and enough cold water to mix to a soft dough.

A Roll out the pastry and use to line a 12-cup bun tray.

5 Spoon a little jam into each pastry case and chill for 20

minutes in the refrigerator.

Preheat the oven to 200°C/400°F/Gas mark 6. Cook the jam tarts at the top of the oven for 15–20 minutes until the pastry is crisp and golden.







Honey Cake

Freezer Friendly

The sponge of this cake is flavoured with honey and is topped with a delicious nut and honey topping. Although the ingredients remain the same, the flavour of the cake will vary according to the honey you use. So, if you are lucky enough to have a supplier of honey which offers you different varieties, you can experiment to see what flavour you like best. The cake can be frozen for up to 2 months. Defrost overnight at room temperature.

Ingredients serve 10-12

100g/4oz butter, softened 50g/2oz golden caster sugar 150g/5oz local honey 2 free-range eggs 225g/8oz self-raising flour 1 tsp baking powder 50g/2oz pistachio nuts, chopped 75g/3oz glacé cherries, halved (optional)

Topping:

75g/3oz pistachio nuts 3 tbsp honey Knob of butter

Preheat the oven to 180°C/350°F/Gas mark 4. Grease and line a 900g/2lb loaf tin.

2 Beat together the butter and sugar until combined. Beat in the honey.

Beat in the eggs one at a time. Sift the flour and baking powder together and fold into the cake mixture along with the pistachio nuts and cherries (if using).

Spoon into the prepared tin and bake for 45 minutes, or until a skewer inserted into the middle comes out clean. Cool in a tin then transfer to a wire rack to cool.

5 Whilst the cake is still warm, place the remaining pistachio nuts in a saucepan with the honey and butter and heat gently, stirring until combined. Spread over the top of the cake.

Allow to cool completely before slicing to serve.









Hot & Spicy Cider

Easy Entertaining

Some fruit farmers have been forced to diversify. In order to survive, some producers of apples have started to make apple juices and ciders. This is a lovely recipe, ideal for a good artisan-made cider. A slow cooker is ideal for keeping the cider warm when serving at parties.

ingredients for 3

1 orange
25g/1oz golden caster sugar
75ml/2½fl oz water
600ml/1 pint dry cider
½ lemon, sliced
1 stick cinnamon
6 cloves
2.5cm/1 inch piece root
ginger, peeled and sliced
Splash of apple brandy

Ingredients for 6

2 oranges
50g/2oz golden caster sugar
150ml/¼ pint water
1.2 litre/2 pint dry cider
1 lemon, sliced
2 sticks cinnamon
12 cloves
5cm/2 inch piece root ginger,
peeled and sliced
Generous splash of apple
brandy (optional)







Slice half the oranges and squeeze the juice from the remainder.

(optional)

Place the sugar, water and orange juice in a large saucepan and heat gently, stirring until the sugar dissolves

Add all the remaining ingredients. Heat until just beginning to simmer, then reduce the heat and simmer very gently for at least 15 minutes. Do not allow to boil.

Serve hot in sturdy glasses.







Bruschetta with Cream Cheese and Roasted Tomatoes

A light lunch, starter or party snack, the choice is yours. Many farmer's markets have a stall selling breads. Here you will be able to find artisan-style breads in all shapes and sizes. It is a joy to try the different breads available, all so different from the often tasteless, airy breads you find in the supermarkets. Sourdough bread is a particular favourite of mine.

Ingredients for 2

50g/2oz cherry tomatoes, use a mixture of red and yellow if available 2 slices sourdough bread 75g/3oz cream or curd cheese

A few fresh basil leaves A little extra virgin olive oil Salt and freshly ground black pepper

Preheat the oven to 180°C/350°F/Gas mark 4 Slice the bread.

Place the tomatoes on a baking sheet and roast in the middle of the oven for 10 minutes.

Brush the bread both sides with a little olive oil and place on another baking tray. Place in the oven above the tomatoes. Cook for a further 10

Ingredients for 4

100g/4oz cherry tomatoes, use a mixture of red and yellow if available 4 slices sourdough bread

150g/5oz cream or curd cheese

A few fresh basil leaves A little extra virgin olive oil Salt and freshly ground black pepper

minutes until the bread is toasted and the tomatoes are soft.

Spread the toast with the cheese and top with the tomatoes and a few basil leaves.

5 Season with salt and pepper and drizzle with a little olive oil. Serve immediately.









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Best Ever Recipes A Farmer's

Market sells foods from local producers who sell directly to the public. Everything sold should have been grown or produced by the stallholder themselves. Items common to most farmer's markets will include fresh fruit and vegetables; meat and poultry; dairy produce; eggs and breads. However you will also generally find more specialised foodstuffs such as preserves; drinks; herbs; fish and shellfish. All of which make for a variety of fresh and delicious recipes.

Every recipe in this book is based around one or m readily found at a farmer's market. The recipes are div poultry, fish and game; vegetables; cheese and dairy; including preserves and juices.

edients meat, d snacks



